

120+ HOMEMADE CANDY COOKBOOK

**How to make Caramels, Fudge, Toffee, Truffles
and much More!**



NATALIA STONE

120+
Homemade Candy
Cookbook
How to make Caramels, Fudge, Toffee,
Truffles
and Much More!

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ABOUT THE AUTHOR

Natalia Stone is a chef and also a cookbook writer. She was born and raised in the New York where she spend most of her life growing up. Growing up in the country thought her how to appreciate and also to use fresh ingredients in her cooking. This love for using the freshest ingredients turns into a passion for cooking. Natalia loves to teach other how to cook and she loves every aspect of cooking from preparing the dish to smelling it cooking and sharing it with her friends.

Finally Natalia decided to start writing the cookbook so that she could share that the love for food and cooking with different recipes along with everyone else.

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INTRODUCTION

Who doesn't love candies ? But it is not very convenient to keep the candy stock full at the time. However , an easy solution to the problem is homemade candies aren't as delicious as readymade candies or it requires a lot of effort and expertise to make candies at home.

This candy Making cookbook will help you to prepare a sweetest candy for your children without any hands on experience of candy making and other recipes.

This book contains more than 120 + Amazing variety of the candies like fudge, caramels and more to make every day delicious.

HOW TO MAKE HOMEMADE CANDY

CANDY-MAKING TOOLS

You may already have the most tools you need to make sweets in your kitchen:

- **Saucepan:** medium in size with a heavy bottom and straight sides. It must be large enough to contain 3 to 4 times the volume of the ingredients; this helps prevent boiling over.
- **Large bowl:** large enough to hold the pan; let the candy cool while it is still in the pan. Because the temperature of the sugar mixture continues to rise, even after it has been removed from the heat, immersing the pan in cold water or an ice water bath stops at the right time.
- **Wooden spoon:** choose one with a long handle.
- **Pastry brush:** place one on top for making candy. Some recipes require brushing the sides of the pan with water to prevent crystallization.
- **Candy thermometer:** although it is possible to make candy without it, a glass candy thermometer is a must-have for beginners. Even professionals use one. Choose a thermometer with a metal clamp that is attached to the side of the pan.
- **Optional:** if you make sweets more often, you may want to invest in a marble slab and a copper caramel pan.

INGREDIENTS FOR MAKING CANDY

- **Sugar** is the most basic ingredient in candy, so quality is important. Use an unopened package of sugar; this will ensure that there has been no contamination of other ingredients that are often found in the kitchen, such as flour or salt.
- **Unsalted butter** is the fat of your choice, unless the recipe specifically requires salted butter. This is the reason: the salt content of salted butter can influence your end product. Never use margarine in a recipe that requires butter; margarine has a higher water content, which will considerably influence the cooking time and results.

TIPS FOR COOKING WITH SUGAR

Dissolve sugar in a low heat in liquid ingredients and bring to the boil. **Do not stir once the sugar has dissolved**, unless indicated in the recipe.

- Clamp the thermometer on the side of the pan or place it periodically in the syrup to measure the temperature.
- The bulb of the thermometer must not touch the sides or bottom of the pan, otherwise you will get an inaccurate value
- Always clean the thermometer after each test and store it in a glass of warm water near the stove.
- Cook until the desired temperature is reached. Immediately remove the pan from the heat and cool the bottom of the pan in the ice-water bowl to stop cooking unless the recipe says otherwise. For example, peanut brittle orders you to pour the hot candy onto a greased baking tray or oiled marble without cooling.
- Be very, very careful when handling hot, melted sugar.

If you don't have a candy thermometer, use the cold water method to test the candy:

- Drop a small amount of the mixture into a glass of cold water and then examine it carefully to determine if it is in the thread stage, the soft bullet stage, the hard bullet stage, etc. (see the table below).
- Take the pan out while testing the fire to prevent the candy from being overcooked, making it burnt and bitter. Use a fresh glass of water for each test.

Stage	Temperature °F/°C	Appearance	Typical Uses*
Thread	215-235/102-113	Forms a short, coarse thread.	sugar syrup
Soft Ball	235-240/113-116	Forms a ball that flattens when removed from the water.	fudge, fondant, pralines
Firm Ball	245-250/118-121	Forms a ball that will not flatten unless pressed.	caramels
Hard Ball	240-265/121-130	Forms a rigid but still pliable ball.	nougat, marshmallows
Soft Crack	270-290/132-143	Separates into hard threads that bend.	taffy
Hard Crack	300-310/149-154	Separates into hard, brittle threads.	butterscotch, brittle, toffee, spun sugar
Light Caramel	320-335/160-170	Turns a honey gold color.	caramel sauce, flans
Dark Caramel	350/177	Turns dark amber color	caramel sauce, glaze

*This is meant as a general guideline; always follow recipe instructions.

Here are the recipes that use different types of boiled sugar:

- Soft ball: fudge, fondant, pralines
- Sturdy ball: caramel
- Hard ball: Nougat, marshmallows
- Soft crack: Taffy
- Hard crack: Butterscotch, brittle, toffee, spun sugar
- Light caramel: caramel sauce, pie
- Dark caramel: caramel sauce, glaze.

Sugar cooking at high altitude:

As with most cooking at great heights, there are changes that you have to make with candy recipes. For every 500 feet above sea level, lower the temperature by one degree. If you live at an altitude of 3500 feet and ask the recipe to cook up to 234 ° F, cook it up to 227 ° F.

Top tips for making candy

- **Check the weather.** Clear, dry days are the best for making candy. On rainy or humid days, the cooking time can increase considerably or your candy cannot be set up at all. Sugar attracts water, so the humidity can negatively influence your recipe.
- **Test your thermometer** to make sure it is accurate. (You must do this every time you make candy.) Dip it in a pan of water and bring the water to a boil. The temperature should be 212° F. If this is not

the case, you must adjust your recipe to display it. For example, if your thermometer shows 215 °F in boiling water and the recipe says boil the candy to 250 °F, you must boil the mixture to 253 °F.

Measure ingredients before you start cooking. It takes a long time to reach 220 °F, but then the temperature rises quickly. You want to have everything ready for use.

BENEFITS OF EATING CANDIES

1. People who eat candy live longer

An extensive study by the Harvard School of Public Health found that people who eat candy survive those who do not. Modest candy consumption - one to three times a month - is associated with the greatest health benefit, but even people with a daily habit (not excessive) also lived longer.

2. Sugar can restore the willpower

For difficult tasks, a shot of sugar ensures that people stay longer and they stay focused. A few sweets during a major project - from gardening to homework - can go a long way.

3. Chewing gum improves mental health

A chewing gum - any chewing gum, it's the act of chewing - can improve your mood, reduce stress, increase mental focus and even block pain. Chewing gum also increases serotonin levels.

4. Chocolate reduces (perhaps) the risk of cardiovascular disease

You've probably heard about the health benefits of chocolate. Admittedly, the jury is still out there. But some studies show that those who ate chocolate five or more times a week were 60% less likely to have heart disease. I'm guessing these people were only 60% happier.

5. Cotton candy helps to create new blood vessels

I have always thought cotton candy was terrible for you, but according to Cornell University researchers, cotton candy can be melted to make artificial blood vessels. OK, so maybe it's not time to invest in a cotton candy machine for the home, but hey! We take what good news we can deliver this candy-ridden season!

CONVERSIONS

1 OUNCE – 28.34 Gram

1 QUARTS- 946.35 G (GRAM OF WATER)

1 POUND- 453.592 Gram

SUGAR CANDIES

CREAM CHEESE CANDIES

PREP: 10 mins COOK: 30 mins SERVINGS: 50

INGREDIENTS



1/4 cup unsalted butter



8 ounces of cream cheese



5 cups powdered sugar



1 teaspoon of peppermint



food colorant



2 tablespoons potato starch



4 cups of granulated sugar



powdered sugar

DIRECTIONS



Melt the butter in a pan over medium heat. Add cream cheese and stir until soft and partially melted in the butter.



Turn off the heat. Add 4 cups of powdered sugar to the pan and stir to form a soft sugary dough. If the dough appears to be liquid or loose, slowly add more sugar until it hardens - it must

be firm enough to knead. If you make only one taste, add 1 teaspoon of flavor to the dough (or more to taste) and stir well.



Divide the dough into four equal portions. If you make more than one taste, add 1/4 teaspoon of flavoring (or more to taste) to each individual portion of dough and stir well.



Color the dough by adding a few drops of dye to each portion of dough. For a pastel color, use 2-3 drops of dye per serving. For more vibrant colors, add more drops.



Shape the candies into round discs of about 1/2 tb each. Score them at the top with a fork if desired.



Let dry for a few hours on parchment or wax paper until the candies are hard. Store candies in a sealed container in the refrigerator.

NOURISH PER SERVINGS?

Calories 140 ; Fat 2.5g ; Carbs 29g ; Protein 0g

SUGAR CANDIED NUTS

TOTAL TIME: 40 mins SERVINGS: 2

INGREDIENTS



1 egg white



1 tablespoon of water



2 cups whole almonds (or a mix of other nuts such as walnuts or pecans)



3/4 cup granulated sugar



2 teaspoons of ground cinnamon (depending on how much cinnamon flavour you want)



pinch of salt

DIRECTIONS



Preheat the oven to 300F / 150C degrees. Cover a baking sheet with baking paper or a silicone baking mat and set it aside.



Mix sugar, cinnamon and salt in a medium bowl.



In a large bowl, beat the egg whites by hand and water for about two minutes - until frothy but not stiff. Add nuts and stir. Pour the sugar mixture over the nut mixture and stir until evenly covered. Spread nuts in a single layer on the baking sheet and bake for 30 minutes, stirring again after 15 minutes. Once completely cooled, break all nuts that are stuck together. Store in an airtight container at room temperature for up to a few weeks.

NOURISH PER SERVINGS?

Calories 1140 ; Fat 71g ; Carbs 110g ; Protein 32g

PEANUT CANDY (PEANUT SUGAR)

PREP: 20 mins COOK: 20 mins SERVINGS: 15

INGREDIENTS



150 g of raw peanuts



100 g white sesame seeds



100 g white sugar



150 g maltose



1 tbsp oil



1/4 cup of water



small grain of salt

DIRECTIONS



Bake the peanut in the lowest setting until it is light brown. Or if you prefer an oven method: preheat your oven to 150 degrees C, place peanuts in the middle rack of the oven. Roast 25 minutes.



Remove the peanut shells and roughly break them with a rolling pin. Mix with sesame seeds.



In a pan with non-stick coating, add sugar, water, salt, oil and maltose. Heat over medium heat until the syrup has a nice amber color and large bubbles are formed.



Test the syrup, use a chopstick to get a small drop of syrup. Soak it quickly in cold water and taste the drop after cooling. If the syrup is well cooked, the drop must be cooled very quickly and taste very hard and crispy. Otherwise it might be quite soft and chewy. Or if you get a thermometer, heat the syrup around 125 to 130 degrees C. Do not touch the bottom of your pan when you place the thermometer.



Reduce the heat and mix the nuts quickly until well mixed.



Place it on a baking paper and shape it into a rectangle. Cut into small pieces about 3 cm long and 2 cm wide when it is still hot. Store in airtight container for 2 weeks.

NOURISH PER SERVINGS?

Calories 168 ; Fat 9g ; Carbs 19g ; Protein 3g

SUGAR CANDIED NUTS

TOTAL TIME: 50 mins SERVINGS: 4

INGREDIENTS



1/4 cup butter (melted)



2 egg white



1 tablespoon of water



1 1/2 cups of sugar



1 teaspoon of salt



5 cups of peanuts

DIRECTIONS



Preheat the oven to 300 degrees. Cover a 13 x 18-inch sheet pan (with sides) with heavy aluminum foil. Pour over melted butter and spread so that the pan is evenly covered.



In a large bowl, use an electric mixer to beat egg whites and water until stiff peaks are just starting to form. Add sugar and salt. Fold the peanuts in and spread the mixture in a single layer on the prepared pan (it looks like a sticky, sticky mess - believe me, everything will be fine).



Bake approximately 30 stirring and turning peanuts every 10 minutes (I use a wooden spoon or rubber spatula). Pay close attention to the nuts during the last 10 minutes of cooking time and remove them from the oven earlier if they get too dark. Nuts are ready when they are usually dry and golden brown. The mixture of peanuts and proteins is very wet and sticky in the beginning. Do your best to turn the peanuts around and spread them back in a single layer the first few times you stir them. After the first few times you will see that they come together and look more like the end product.



Allow peanuts to cool in the pan until they are completely dry and crispy, stirring occasionally to break them. Store in an airtight container for two to three weeks.

NOURISH PER SERVINGS?

Calories 1440 ; Fat 101g ; Carbs 104g ; Protein 49g

Notes

Sugar burns quickly. Make sure to stir every 10 minutes and keep an eye on them.

CINNAMON SUGAR CANDIED WALNUTS

PREP: 10 mins COOK: 40 mins SERVINGS: 4

INGREDIENTS



1 egg white



2 teaspoons of water



2 teaspoons vanilla extract



1 pound of walnut pieces (and halves)



1 cup of white sugar



1 tablespoon ground cinnamon



1/2 teaspoon of salt

DIRECTIONS



Preheat the oven to 300 degrees F. Cover a baking sheet with baking paper.



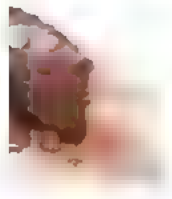
Beat egg whites and water in a mixing bowl until it is frothy. I use a hand-guard but an electric guard is fine too. Stir in the vanilla extract.



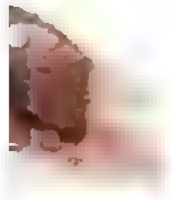
Add walnuts to the mixing bowl and spread evenly.



Combine sugar, cinnamon and salt in a large plastic bag.



Pour coated walnuts in a bag and shake to cover the walnuts evenly with a mixture of cinnamon and sugar. Spread walnuts on a baking sheet in a single layer.



Bake for 40 minutes, stir after 20 minutes.

NOURISH PER SERVINGS?

Calories: 237 Carbs: 16g Protein: 4g Fat: 18g

BANANA BROWNIES

PREP: 15 mins COOK: 20 mins SERVINGS: 12

INGREDIENTS



1/4 cup unsalted butter



4 ounces of white chocolate



2 mashed banana (medium)



1/2 cup granulated sugar



1 egg



1/4 teaspoon of salt



1 teaspoon vanilla extract

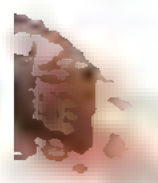


1 cup of all-purpose flour

DIRECTIONS



Preheat the oven to 350° C



Melt the butter and white chocolate in a large microwave-safe bowl in 30 seconds, stirring each time until it has melted. Stir in the sugar. Add the mashed bananas, add eggs, salt and vanilla and stir until well mixed. Mix the flour until it is completely absorbed.



Spread batter in an 8 "square pan and bake for 15-20 minutes or until the tester comes out clean. Cool completely and keep covered.

NOURISH PER SERVINGS?

Calories 180 ; Fat 7g ; Carbs 27g ; Protein 2g

DELICIOUS NUTELLA BROWNIES

PREP: 20 mins COOK: 35 mins SERVINGS: 16

INGREDIENTS



1/2 cup all-purpose flour



1/4 teaspoon of salt



2 eggs



1 cup of Nutella



1/2 cup of brown sugar



1 teaspoon vanilla extract



1/2 cup unsalted butter

DIRECTIONS



Preheat the oven to 170 ° C (325 ° F) and make sure the grill is in the center of the oven.



Cover the bottom of an 8-inch square cake pan with parchment paper, stretching the paper across two opposite sides. Butter the other two sides.



Mix the flour and salt in a medium bowl and set aside.



In another bowl, whisk the eggs, hazelnut paste, brown sugar and vanilla extract with an electric mixer until smooth, about 2 minutes. Add the flour mixture with the mixer at low speed, alternating with the melted butter.



Scrape the batter into the cake pan. Bake until a toothpick is placed in the middle with a few crumbs attached (not completely clean), 35 to 40 minutes.



Cool in the pan for about 2 hours. Loosen the shape and cut into squares.



Serve warm or at room temperature.

NOURISH PER SERVINGS?

Calories 190 ; Fat 12g ; Carbs 19g ; Protein 2g

MOLTEN CHOCOLATE CAKES

TOTAL TIME: 30 mins SERVINGS: 6

INGREDIENTS



1/2 cup unsalted butter



6 ounces of bittersweet chocolate (minced meat, best quality such as Ghirardelli)



2 large eggs



2 large egg yolks



1/4 cup light brown sugar (packaged)



1 teaspoon vanilla extract



1 pinch of salt



3 tablespoons all-purpose flour

DIRECTIONS



Preheat the oven to 450°F. Generously buttered 6 6-ounce ramekins (really generous, and no non-stick cooking spray replaced). Place the ramekins on a baking sheet.



Melt the butter in a medium-sized bowl in the microwave. Immediately add the chopped chocolate and stir until the

chocolate is completely smooth and melted. If there are a few pieces left, place the bowl back in the microwave for 20 seconds and stir again. Repeat if necessary. Put aside.



Beat the eggs, egg yolks, brown sugar, vanilla and salt in a medium-sized bowl at high speed until it is thick and pale, about 4 minutes with a hand mixer. Add the melted chocolate mixture and the flour to the egg mixture and fold with a rubber spatula until the net is combined (the chocolate sinks to the bottom, so make sure you scrape it into the batter).



Scoop the batter evenly into the prepared ramekins and bake for 10 minutes, until the cakes are set and puffed over the edges of the ramekins. Let the cakes cool in the ramekins for 1-2 minutes, tighten the warm ramekins with a tea towel and carefully turn the cakes onto dessert plates. They have to jump straight out, but you can run a knife with thin blades along the edges if necessary. Serve immediately with vanilla ice cream or sweetened whipped cream. (Note: the batter can be spooned into the ramekins, covered for several hours and cooled before you bake. Remove them from the refrigerator about 30 minutes before baking so that they come to room temperature.)

NOURISH PER SERVINGS?

Calories 370 ; Fat 27g ; Carbs 31g ; Protein 5g

BANANA OAT GREEK YOGURT MUFFINS

PREP: 5 mins COOK: 15 mins SERVINGS: 12

INGREDIENTS



1 cup of Greek yogurt



2 bananas (medium ripe, 200 g or 1 cup of puree)



2 large eggs



2 cups of oatmeal (old-fashioned or quick)



1/4 cup brown sugar



1 1/2 teaspoons baking powder

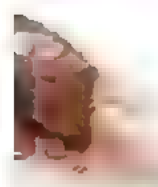


1/2 teaspoon baking powder



1/2 cup chocolate chips (mini or normal)

DIRECTIONS



Preheat the oven to 400F (204C) and prepare a muffin pan by spraying the cavities with cooking spray or coating with paper liners **. Put aside.



Add all ingredients except the chocolate chips to a blender or food processor and process them on high until the oats are

broken down and the batter is smooth and creamy. Stir chocolate chips by hand.



Pour the batter into the prepared muffin pan and fill each cavity until it is 3/4 full. Optional: sprinkle a few chocolate chips on top of each muffin.



Bake for 15-20 minutes, until the top of your muffins is hard and a toothpick inserted in the middle comes out clean. Allow muffins to cool in the pan for about 10 minutes before removing. Store in an airtight container for up to a week.

NOURISH PER SERVINGS?

Calories 143 ; Fat 3.6g ; Carbs 22.1g ; Protein 5.4g

CHOCOLATE MOUSSE CAKE

PREP:10 mins COOK: 5 mins SERVINGS: 6

INGREDIENTS



2 1/8 cups of full fat milk



3 3/8 tablespoons cooking cream



4 2/3 tablespoons cocoa powder



3 1/8 tablespoons cornstarch



6 3/8 tablespoons sugar



dark chocolate (minced 160 grams)



2 1/8 cups of whole milk



3 3/8 tablespoons cooking cream



4 2/3 tablespoons cocoa powder



3 1/8 tablespoons cornflour



6 3/8 tablespoons sugar



dark chocolate (minced 160 grams)

DIRECTIONS



Mix the milk, cream, cocoa powder, cornflour and caster sugar in a bowl. Beat the mixture and strain. As a result, the mixture has no lumps



Put this mixture in a pan and cook over medium heat. Once the mixture starts to thicken, continue to cook for 2 to 3 minutes. Then add the chopped dark chocolate and let it melt completely. Turn off the gas and pour this mixture into a 5-inch cake pan lined with parchment paper



Cool for 6 to 8 hours. To remove the mousse cake from the mold, tilt the cake mold and remove the mousse cake from the mold. Carefully remove the parchment paper from the chocolate mousse cake, sprinkle with cocoa powder and cut slices with a hot knife. Serve immediately or keep in the refrigerator.

NOURISH PER SERVINGS?

Calories 210 ; Fat 10.86g ; Carbs 25.76g ; Protein 4.2g

CHEWY BROWNIES

PREP:15 mins COOK: 30 mins SERVINGS: 9

INGREDIENTS



1 1/4 cup granulated sugar



5 tablespoons unsalted butter



1 egg yolk



2 large eggs



1 teaspoon vanilla extract



3/4 cup unsweetened cocoa powder



1/3 cup of vegetable oil



1/2 cup all-purpose flour



1/8 teaspoon baking powder



1 tablespoon cornflour



1/4 teaspoon of salt



3/4 cup semi-sweet chocolate chips

DIRECTIONS



Preheat the oven to 325 ° F. Cover an 8 by 8 inch pan with foil and spray with non-stick cooking spray.



In a microwave-safe bowl, add the butter and sugar. Microwave for about 1 minute, or until the butter is melted. Beat the eggs, the egg yolk and the vanilla. Stir in the oil and cocoa powder.



With a rubber spatula, stir together the flour, baking powder, cornflour and salt. Stir in the chocolate chips.



Spread the brownie batter evenly in the prepared pan. Place in the oven and bake for 30 minutes, or until the brownies are set and a cake tested centered, has moist crumbs attached. Not overcooked. Allow to cool completely before cutting and serving.



Brownies can be stored for up to 3 days in an airtight container at room temperature.

NOURISH PER SERVINGS?

Calories 370 ; Fat 21g ; Carbs 47g ; Protein 5g

2-MINUTE MICROWAVE CHOCOLATE CAKE

PREP:1 mins COOK: 2 mins SERVINGS: 1

INGREDIENTS



3 tablespoons all-purpose unbleached flour



2 1/2 tablespoons white sugar



2 tablespoons unsweetened cocoa powder



1/4 teaspoon baking powder



1/4 teaspoon of table salt



3 tablespoons vegetable oil (substitutes: 3 tablespoons melted butter)



3 tablespoons milk



1/2 teaspoon vanilla extract

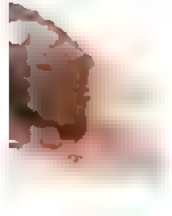


1 tablespoon chocolate chips

DIRECTIONS



Add flour, sugar, cocoa powder, baking powder and salt to a medium-sized, microwave-resistant mug and mix with a fork until combined.



Add oil, milk and vanilla extract and mix with a fork until there are no lumps in the batter. Sprinkle the top of the batter with chocolate chips. Microwave on high for 2 minutes (or a maximum of 2 ½ minutes depending on the strength of your microwave). Serve immediately.

NOURISH PER SERVINGS?

Calories 680 ; Fat 47g ; Carbs 65g ; Protein 7g

CHOCOLATE MOUSSE

TOTAL TIME: 35 mins SERVINGS: 4

INGREDIENTS



1 2/3 cups heavy cream



2 teaspoons vanilla extract



1/2 teaspoon kosher salt



4 proteins



1/2 cup of sugar



6 ounces of bittersweet chocolate (melted and cooled)



chocolate chips (to garnish)

DIRECTIONS



In a large bowl, whisk cream, vanilla and salt with a whisk to form stiff peaks; chill. Beat the egg whites in another large bowl with a whisk until soft spikes occur. While beating slowly add sugar and keep beating until stiff peaks form. Add melted chocolate to proteins and fold until almost absorbed; add whipped cream and fold until fully incorporated. Divide over portions; chill. Sprinkle with chocolate chips before serving.

NOURISH PER SERVINGS?

Calories 770 ; Fat 59g ; Carbs 60g ; Protein 8g

EASY CHOCOLATE CAKE

TOTAL TIME: 43 mins SERVINGS: 108

INGREDIENTS



1 3/4 cup granulated sugar



1/2 cup rapeseed oil



2 eggs



3/4 cup of coffee



3/4 cup buttermilk



1/4 cup sour cream



2 teaspoons vanilla extract (divided)



2 cups All-purpose Flour



3/4 cup cocoa powder (70 g per 3/4 cup)



1 teaspoon baking powder



5/8 teaspoon of salt (divided)



8 ounces unsalted butter (2 sticks, soft)



2 ounces of cream cheese (softened)



4 cups powdered sugar



1 teaspoon vanilla extract

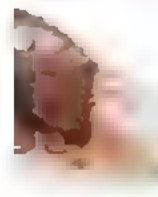


4 tablespoons whipped cream

DIRECTIONS



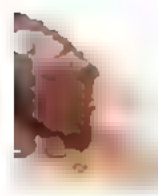
Preheat the oven to 350 ° F.



Spray two 8-9-inch cake molds generously with non-stick cooking spray. Put aside.



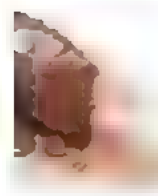
Put the sugar, rapeseed oil, eggs, coffee, sour cream, buttermilk and vanilla in a large mixing bowl. Beat until smooth and combined.



Sift the flour, cocoa powder, baking powder and a little 1/2 teaspoon. salt in the bowl. Beat until the ingredients come together in a smooth batter.



Pour the batter evenly between the two cake molds.



Bake the cakes on the middle oven shelf for 28-33 minutes, or until a toothpick in the middle comes out clean.



Check if the cakes are ready. Remove from the oven or add time if necessary.



Allow the cakes to cool in the pans for 15-20 minutes.



To release the cake, run a butter knife between the edge of the cake and the pan. Turn each cake on a cooling rack. Allow the cake to cool completely for 1-2 hours before frosting.



While the cakes cool, make the frosting. Put the butter and cream cheese in a large mixing bowl. Beat with a mixer at medium speed until a smooth and creamy mixture. Add the powdered sugar in two additions, beat at a low speed after each addition until the sugar is completely absorbed in the butter mixture. Put the vanilla extract, the whipped cream and the salt in the bowl. Continue to beat at medium speed for 2-3 minutes until the glaze is light and fluffy.



Frost cake as desired. Cool until ready to serve.

NOURISH PER SERVINGS?

Calories 70 ; Fat 3.5g ; Carbs 10g ; Protein 1g

HOMEMADE NUTELLA

TOTAL TIME: 25 mins SERVINGS: 6

INGREDIENTS



1 cup roasted hazelnuts (peeled)



1/4 cup dark cocoa powder



1/2 cup powdered sugar



3/4 teaspoon vanilla extract



1/4 teaspoon kosher salt



4 tablespoons rapeseed oil

DIRECTIONS



Place the hazelnuts in your food processor and mix them continuously until they become a smooth butter, about 3 minutes. Add the remaining ingredients and continue to blend until smooth and creamy. If stored in the refrigerator, the nutella is good for 2 weeks.

NOURISH PER SERVINGS?

Calories 130 ; Fat 10g ; Carbs 11.9g ; Protein 1g

RED VELVET PANCAKES

PREP:15 mins COOK: 10 mins SERVINGS: 4

INGREDIENTS



1 cup of all-purpose flour



1 teaspoon baking powder



1/4 teaspoon baking powder



1/4 teaspoon of salt



2 tablespoons sugar



2 tablespoons unsweetened cocoa powder



1 egg



3/4 cup buttermilk



1/4 cup sour cream



1 tablespoon red dye

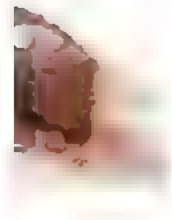


1 teaspoon pure vanilla extract



3 tablespoons butter (melted)

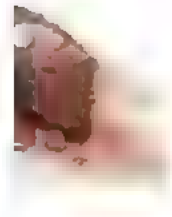
DIRECTIONS



In a large bowl, beat flour, baking powder, baking powder, salt, sugar and cocoa powder.



In another large bowl, beat the egg with buttermilk, sour cream, coloring and vanilla extract until smooth.



Beat the flour mixture slowly and gradually add the melted butter until all the lumps are removed.



Heat a large pan with non-stick coating over medium heat and drop 1/4 cup of batter into each to form pancakes.



Turn over when the bottoms are set and bubbles form on the top and cook until firm and airy all the way through. Serve warm with cream cheese or syrup.

NOURISH PER SERVINGS?

Calories 300 ; Fat 14g ; Carbs 35g ; Protein 8g

PEANUT BUTTER BARS

PREP: 25 mins COOK: 2 mins SERVINGS: 20-36

INGREDIENTS



1 cup of butter (melted, 2 sticks)



2 cups of Graham Cracker Crumbs (2 sleeves ground to a fine crumb)



2 cups confectioner's sugar



1 1/2 cups peanut butter



1/4 cup peanut butter



2 cups of chocolate chips

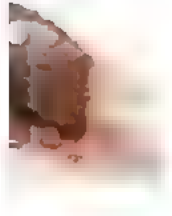
DIRECTIONS



Combine the first four ingredients in a large mixing bowl until well combined and smooth. Spread evenly in a 9x13 baking dish.



Combine the ingredients for the chocolate bar with peanut butter bar in a medium-sized glass bowl. Melt in the microwave for 1 minute at 80% power. Remove from the microwave and stir until smooth. Spread over the base of the peanut butter bar and place in the freezer for 15 minutes.



Remove from the freezer and cut into separate strips. The size depends on the number of bars that you want to serve (20-36 bars)

NOURISH PER SERVINGS?

Calories 387 ; Fat 26g ; Carbs 35g ; Protein 7g

GLUTEN-FREE BROWNIES

TOTAL TIME: 45 mins SERVINGS: 16

INGREDIENTS



8 tablespoons unsalted butter (1 stick, cut into 8 pieces, plus more for coating the pan)



4 ounces unsweetened chocolate (finely chopped)



1/3 cup gluten-free oatmeal



1/3 cup sweet rice flour



1 teaspoon of xanthan gum



1 teaspoon baking powder



1/2 teaspoon of fine salt



1 cup of granulated sugar



2 large eggs



1 teaspoon vanilla extract



1/4 cup of natural peanut butter

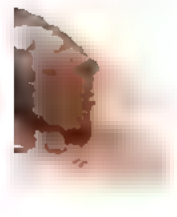
DIRECTIONS



Heat the oven to 350 ° F and place a rack in the middle. Cover an 8 x 8 inch square baking dish with butter; put aside.



Fill a medium-sized saucepan with 1 to 2 inches of water and bring to a boil over high heat; turn the heat down as soon as it simmers. Put the measured butter and chocolate in a large, dry, heat-resistant bowl. Put the bowl on (but do not touch) the water and stir with a rubber spatula until the chocolate and butter are completely melted and the mixture is smooth. Remove the bowl from the pan and let the mixture cool to room temperature for about 20 minutes.



Meanwhile, sieve the oatmeal, rice flour, xanthan gum, baking powder and salt together in a medium-sized bowl and discard any coarse pieces that remain in the sieve; put aside.



When the chocolate has cooled, add the sugar and beat to combine. Add the eggs and vanilla and beat until smooth. Stir the flour mixture with a rubber spatula until evenly combined. Pour the batter into the prepared baking dish and smooth the top. If you use the peanut butter, put a full teaspoon of it over the batter. Drag a knife through the batter in a figure eight to create a marble pattern.



Bake until a knife inserted in the middle comes out clean, about 20 to 25 minutes. Cool completely on a rack before serving.

NOURISH PER SERVINGS?

Calories 190 ; Fat 12g ; Carbs 20g ; Protein 3g

SECRETLY HEALTHY 87 CALORIE BROWNIES

TOTAL TIME: 1 Hour SERVINGS: 15

INGREDIENTS



2 cups grated zucchini



1 cup of brown sugar



1 1/3 cups unsweetened apple sauce



2 eggs



2 teaspoons vanilla



2/3 cup oatmeal



1 cup of cocoa powder



2 teaspoons baking powder



1 1/2 teaspoons baking powder



1/2 teaspoon cinnamon



1/2 teaspoon of salt



1 cup of chocolate chips (and / or nuts)



1/2 cup chocolate chips



1/2 cup of butterscotch chips



1/2 cup peanut butter

DIRECTIONS



Preheat the oven to 350°F. Grease a 9x13 inch pan.



Mix the zucchini, sugar, apple sauce, eggs and vanilla.



Stir the remaining ingredients together and add to the wet ingredients, stirring until combined.



Stir the chocolate chips and / or nuts when used.



Bake for about 55 minutes. Frost with the glaze if desired.

NOURISH PER SERVINGS?

Calories 260 ; Fat 13g ; Carbs 36g ; Protein 6g

CARMELS

CARMELS

TOTAL TIME: 45 mins SERVINGS: 60

INGREDIENTS



2 cups of white sugar



1 cup of brown sugar (packaged)



1 cup of corn syrup



1 cup of evaporated milk



1 pint of whipped cream



1 cup of butter



1 1/4 teaspoons vanilla extract

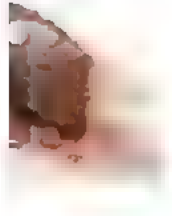
DIRECTIONS



Grease a 12x15 inch pan.



Combine sugar, brown sugar, corn syrup, evaporated milk, whipped cream and butter in a medium-sized jar. Monitor the heat of the mixture while stirring with a candy thermometer. When the thermometer reaches 120 degrees C, remove the pan from the heat.



Stir in the vanilla. Transfer the mixture to the prepared pan and let the mixture cool completely. When cooled, cut the Carmel into small squares and wrap them in wax paper for storage.

NOURISH PER SERVINGS?

115 calories; 6.3 g fat; 14.8 g carbohydrates; 0.5 g protein;

SALTED CARAMEL THUMBPRINT COOKIES

TOTAL TIME: 28 mins SERVINGS: 24

INGREDIENTS



1 cup unsalted butter (softened)



2/3 cup brown sugar (tightly packed)



1 teaspoon vanilla extract



1/4 teaspoon ground cinnamon (optional)



2 1/8 cups all-purpose flour



1/2 teaspoon of salt



1/3 cup salted caramel sauce

DIRECTIONS



Cover two baking trays with silicone baking mats or baking paper. Put aside.



Put butter, brown sugar, vanilla extract and cinnamon in the mixing bowl. Use the hand mixer to beat at medium speed until the mixture is 1 minute bleached and well combined.



Add flour and salt to the bowl and beat at a low speed, scrape the sides of the bowl with a rubber spatula if necessary, until a

smooth dough forms.



Divide cookie dough into balls of about 2 tbsp. each, and place them on baking trays at least 1 inch apart. Place the sheets in the freezer for 10-15 minutes while the oven is preheating. Otherwise, place the dough balls on a small baking sheet or large plate to freeze and place them on the baking sheets to bake. Preheat the oven to 350 ° F. Transfer baking trays to the middle rack of the preheated oven.



Bake cookies until swollen and golden brown on the edges, 14-16 minutes.



Check if the cookies are done. Remove from the oven or add time if necessary.



Immediately put a 1/4 inch deep line in the center of each cookie, using a wooden spoon or thumb handle. By creating deeper indentations, you can prevent cracks in cookies.



Let cookies rest for 5-10 minutes and harden on sheets and then transfer them to the grid. Spoon about 3/4 teaspoon. of salted caramel sauce in the stripe of each cookie. Allow to cool and fully commit to serving. Keep leftover cookies in the refrigerator.

NOURISH PER SERVINGS?

Calories 140 ; Fat 8g ; Carbs 15g ; Protein 1g

CARAMEL PRETZEL CRACK

TOTA; TIME: 20 mins SERVINGS: 4

INGREDIENTS



11 1/2 ounces of milk chocolate chips (Hershey's bag)



11 ounce caramel bits (Kraft bag)

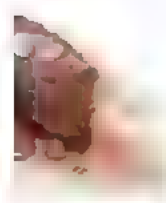


1/2 cup of peanut butter chips (Reese's)



8 ounces of pretzels (Mini Twist)

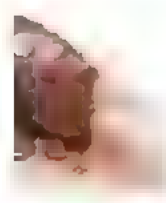
DIRECTIONS



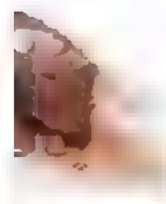
Add the Hershey chocolate chips in a small glass bowl (reserve about 1/4 cup of chips for later). Melt in the microwave at intervals of 20 seconds until melted.



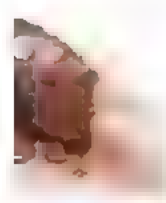
Spread the melted chocolate on a baking sheet with baking paper.



Place the pretzels on the chocolate, they can overlap.



Put the Kraft caramel bits in a bowl with 2 tablespoons of water and let them melt in the microwave for 1½ to 2 minutes. Once melted drizzle and spread on the pretzels. Let cool.



Melt the reserved 1/4 cup of chocolate chips in the microwave and sprinkle with the cooled caramel. Repeat this with the

peanut butter chips from the Reese.



Let the bars cool completely and enjoy it !!

NOURISH PER SERVINGS?

Calories 1020 ; Fat 39g ; Carbs 168g ; Protein 17g

CARAMEL MILKSHAKE

TOTAL TIME: 5 mins SERVINGS: 4

INGREDIENTS



1 pint of vanilla ice cream



3/4 cup whole milk



3 tablespoons caramel (Tate + Lyle®, pure cane syrup)



caramel



whipped cream



rainbow sprinkles

DIRECTIONS



Drizzle caramel in mason pots. Put aside.



In a large blender, mix vanilla ice cream, whole milk and Tate + Lyle® Caramel Pure Cane Syrup to a smooth mixture.



Pour into mason pots and then cover with more caramel, whipped cream and sprinkles.

CHOCOLATE CARAMEL FUDGE

TOTAL TIME: 3 HOURS SERVINGS: 50

INGREDIENTS



3 cups of semi-sweet chocolate



1 can of condensed milk



1 dash of salt



1 cup chopped walnuts



1/2 cup caramel ice cream topping



1 1/2 teaspoons vanilla extract

DIRECTIONS



Melt chocolate pieces in milk pans over low heat with milk and salt.



Remove from heat and stir in walnuts, topping and vanilla.



Spread evenly in foil-covered 8 or 9 'square pan. Cool for 2 hours or until firm.



Turn fudge on cutting board; remove the foil and cut the fudge into pieces.

NOURISH PER SERVINGS?

Calories 1830 ; Fat 116g ; Carbs 225g ; Protein 21g

SALTED CARAMEL BUTTER BARS

PREP: 15 mins COOK: 45 mins SERVINGS: 24

INGREDIENTS



2 cups unsalted butter (softened)



1 cup of white sugar



1/2 cup powdered sugar



1 tablespoon vanilla extract



4 cups all-purpose flour



11 1/2 ounces of salted caramel sauce

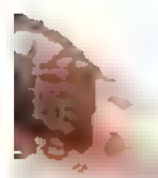


sea salt

DIRECTIONS



Preheat the oven to 325 degrees F. Cover a 13x9 "frying pan with foil, the sides of the foil sticking over the edges of the pan. Generously spray the foil with cooking spray and set aside.



Beat the butter and sugar in a bowl of a kitchen mixer with the paddle attachment until creamy and fluffy, about 2 minutes. Beat the powdered sugar and vanilla. Finally beat the four (4) cups of flour until a soft dough is formed. Press the HALF of the

dough evenly into the bottom of the prepared pan. Cool the remaining dough.



Bake the crust for 15 minutes. Remove from the oven but keep the oven on. Pour the caramel evenly into the crust and crumble the remaining dough over it to cover the caramel layer. Sprinkle lightly with sea salt and remember that there is also salt in the caramel sauce.



Put back in the oven and continue to bake for another 25-30 minutes or until golden brown and have caramel bubbles. If the center fluctuates a bit, this is good - it keeps cooking while it cools down. Cool completely and then place in the fridge for at least an hour before cutting into squares.

NOURISH PER SERVINGS?

Calories 290 ; Fat 16g ; Carbs 36g ; Protein 3g

FROZEN CARAMEL COFFEE SLUSHIES

TOTAL TIME: 10 mins SERVINGS: 2

INGREDIENTS



1/4 cup Folgers Coffeehouse Blend Ground coffee (strongly brewed, cooled)



1/4 cup Folgers Black Silk Coffee (strongly brewed, chilled)



2 tablespoons Smucker's Sundae Syrup Caramel Flavored syrup (plus extra for garnish)



1/4 cup flavored coffee creamer (vanilla)



2 cups of ice cubes



whipped cream

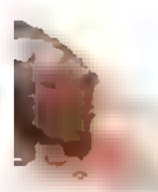


coarse sea salt

DIRECTIONS



PLACE coffee, caramel sundae syrup, creamer and ice cubes in the blender container. Cover and process into slushy.



POUR in glasses. Top with whipped cream. Sprinkle with extra caramel sundae syrup and sea salt, if desired.

CARAMEL HOT CHOCOLATE

PREP: 10 mins COOK: 10 mins SERVINGS: 2

INGREDIENTS

For the Caramel Sauce



4 tablespoons butter



1 cup of tightly packed brown sugar



1/2 cup whipped cream (or half and half)



1 dash of salt



1 tablespoon vanilla

For the Hot Chocolate



2 cups of whole milk



1/2 cup of bittersweet chocolate chips (or semi-sweet)



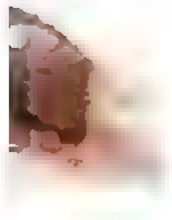
1/2 cup caramel sauce



whipped cream (or marshmallows for topping)

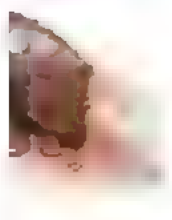
DIRECTIONS

First make the caramel sauce



Mix the butter, brown sugar, half and half and salt in a pan over medium heat. Bring the mixture to the boil and cook, stirring often, until slightly thickened, about 5-7 minutes. Add the vanilla and bake for another minute. Remove from heat and let cool (or in the fridge for a few minutes).

For the hot chocolate



Add milk to a medium-sized pan over medium heat. Stir in the chocolate chips and 1/2 cup caramel sauce and stir well until the chocolate has melted. Serve warm topped with whipped cream or marshmallows and a dash of caramel sauce.

NOURISH PER SERVINGS?

Calories 1267 ; Fat 54g ; Carbs 183g ; Protein 13g

CARAMEL GINGERBREAD CUPCAKES

TOTAL TIME: 50 mins SERVINGS: 12

INGREDIENTS

For the Cupcakes



1/2 cup butter (soft)



1/2 cup of brown sugar



1 egg



1/2 cup of water



1/4 cup sour cream



1/2 cup molasses



1 1/3 cups all-purpose flour



1 teaspoon cinnamon



1/2 teaspoon baking powder



1/2 teaspoon baking powder



1/2 teaspoon of salt



1 teaspoon of ginger



1 teaspoon allspice



1/2 teaspoon of nutmeg

For the Frosting:



8 ounces of cream cheese (softened)



4 tablespoons butter (soft)



4 cups powdered sugar



1 teaspoon vanilla extract



1/2 cup caramel sauce

DIRECTIONS



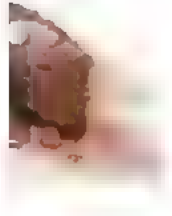
Preheat the oven to 350 degrees. Cream butter and sugar together for cupcakes. Add egg, water, sour cream and molasses and combine into a smooth mixture.



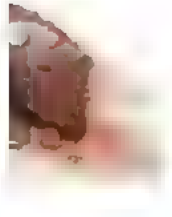
Add flour, spices, baking powder, baking powder and salt. Beat for 2 minutes at low speed.



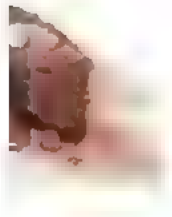
Spoon into cupcake liners (2/3 full) and bake for 20-25 minutes or until a placed toothpick comes out clean. Allow to cool completely.



Beat the cream cheese and butter with an electric mixer light and fluffy (about 2 minutes).



Add powdered sugar 1 cup at a time until it is well mixed. Add vanilla extract and beat for 2 minutes.



Spray glaze on cupcakes and sprinkle with caramel sauce. To enjoy!

NOURISH PER SERVINGS?

Calories 490 ; Fat 19g ; Carbs 77g ; Protein 4g

SALTED CARAMEL FROZEN CUPCAKES

PREP: 20 mins COOK: 10 mins SERVINGS: 12

INGREDIENTS



1 cup crumbs (pretzel, pulsed in a food processor, 1 T reserved for garnish)



1/3 cup butter



1 salted caramel (So Delicious Cashew, Cluster box)



sauce (fudge)



caramel topping

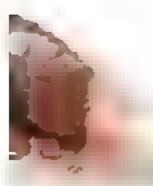


whipped cream topping

DIRECTIONS



Combine pulsed pretzels and melted butter until all pretzel crumbs are covered. Spread the pretzel mixture evenly over cupcakes in muffin form covered with cupcake liners and press down gently to form a firm crust. Bake at 350 for 10 minutes. Remove from oven and let cool completely.



Allow the Cashew Salted Caramel Cluster box to thaw on the counter for 5 minutes. Carefully spread the frozen cake over the cupcakes. (It takes most of the entire box.) Top with fudge sauce and freeze until ready to serve. Before serving, remove

from the freezer and add a swirl of beaten topping, sprinkle with caramel sauce and a sprinkle of pretzel crumbs to garnish.

NOURISH PER SERVINGS?

Calories 100 ; Fat 7g ; Carbs 9g ; Protein 1g

CARAMEL STUFFED SNICKERDOODLES

PREP: 20 mins COOK: 10 mins SERVINGS: 18

INGREDIENTS



1 1/2 cups of all-purpose flour



1 teaspoon of tartar



1/2 teaspoon baking powder



1/4 teaspoon of salt



1/2 cup unsalted butter (softened)



3/4 cup granulated sugar



1 egg



1 teaspoon vanilla extract



10 caramel (soft, unpackaged and cut in half)



cinnamon sugar (coating)



2 tablespoons granulated sugar

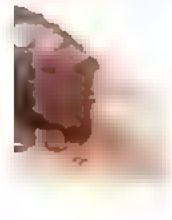


2 teaspoons of cinnamon

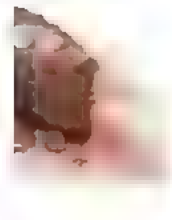
DIRECTIONS



Preheat the oven to 350 degrees. Cover a baking sheet with baking paper (or silpat mat) or spray with cooking spray and set aside.



Mix the flour, the tartar, the baking powder and the salt in a large bowl.



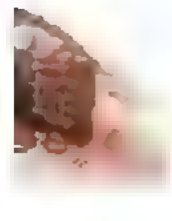
In a separate bowl, beat the butter and sugar together. Add the egg and mix well, then add the vanilla. After everything has been combined, slowly add the flour mixture until it is completely combined.



Scoop the dough with a cookie spoon into balls on the baking sheet. Flatten each ball of dough with your hand, place half a caramel in the middle of each dough and then wrap the dough back around the caramel. Roll the dough back into a ball.



In a small bowl, mix the two tablespoons of sugar and two teaspoons of cinnamon. Throw each ball of dough into the cinnamon-sugar mixture.



Bake for 10-12 minutes, leave to cool on the baking sheet for about 10 minutes.

NOURISH PER SERVINGS?

Calories 150 ; Fat 6g ; Carbs 24g ; Protein 2g

CARAMEL MUFFINS

PREP: 10 mins COOK: 25 mins SERVINGS: 16

INGREDIENTS



2 cups All-purpose Flour



3/4 cup granulated sugar



2 teaspoons baking powder



1/2 teaspoon of salt



1 large egg



1 cup creamer (International Delight Simply Pure Caramel)



1/4 cup vegetable oil



16 caramel squares (unwrapped)



2 tablespoons butter (soft)



1/4 cup light brown sugar

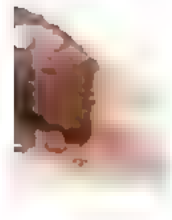


1/4 cup all-purpose flour



caramel (drizzle)

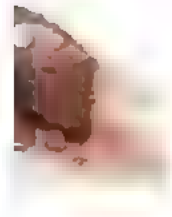
DIRECTIONS



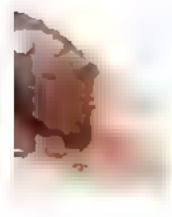
Preheat the oven to 400 degrees C. Line the muffin pan with linings and set aside.



Stir the flour, sugar, baking powder and salt into a large bowl and make a well.



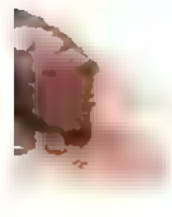
Beat the egg lightly in a medium bowl, add creamer and vegetable oil and beat until combined.



Pour wet ingredients into the cavity of the dry ingredients and mix gently until everything is combined, do not mix, it is fine if the batter is somewhat lumpy.



Add 2 tablespoons of batter to each liner, place an unwrapped caramel in the middle, cover with another tablespoon of batter. Repeat for the remaining liners.



Mix topping ingredients together with a fork in a small bowl until crumbly, sprinkle over the top of the muffins and bake for 20 to 25 minutes until golden brown.



Sprinkle with caramel sauce before serving if desired and be careful as the center of the caramel is melted after it has been removed from the oven. Bake the remaining batter in the same way.

NOURISH PER SERVINGS?

Calories 180 ; Fat 6g ; Carbs 31g ; Protein 3g

COPYCAT STARBUCKS ICED CARAMEL MACCHIATO

PREP: 5 mins COOK: 5 mins SERVINGS: 4

INGREDIENTS



4 teaspoons vanilla syrup



1 1/2 cups of milk



2 ounces of espresso



caramel sauce (to drizzle)



ice

DIRECTIONS



Add vanilla syrup to the cup first, then milk, ice and espresso on top.



Drizzle with caramel sauce.

NOURISH PER SERVINGS?

Calories 127 ; Fat 1g ; Carbs 23g ; Protein 5g

STARBUCKS ICED CARAMEL SNICKERS FRAPPUCCINO

TOTAL TIME: 15 mins SERVINGS: 4

INGREDIENTS



1 snickers (Bar or two fun size bars)



1/2 cup heavy cream (+ 2 tablespoons)



1 teaspoon vanilla extract



1 tablespoon powdered sugar



1 cup Starbucks® Caramel Iced Coffee Beverage



caramel



1/2 cup ice

DIRECTIONS



Chop your Snickers Bars into small pieces.

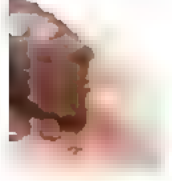


In a kitchen mixer, mix your vanilla, powdered sugar and cream until soft peaks occur



Combine your ice cream in a blender and Starbucks Caramel Iced Coffee Beverage; and 2 tablespoons of cream mixed until

icy and smooth



Spray the bottom of your cup with caramel sauce. Pour the icy mixture into your cup. Top with a generous dollop of whipped cream, Snickers and sprinkle with caramel sauce.

NOURISH PER SERVINGS?

Calories 250 ; Fat 17g ; Carbs 23g ; Protein 2g

5 MINUTE WHITE CHOCOLATE CARAMEL PECAN FUDGE

TOTAL TIME: 35 mins SERVINGS: 4

INGREDIENTS



3 cups of white chocolate chips



14 ounces of sweetened condensed milk



4 tablespoons butter



1/2 teaspoon vanilla extract



1 cup chopped pecans



1/2 cup caramel sauce

DIRECTIONS



Combine the chocolate chips, the milk and the butter in a medium-sized glass bowl and heat in the microwave for 90 seconds. Stir to combine and heat for another 15 seconds. Stir and heat for another 15 seconds, only if necessary. There will still be a few pieces of unmelted chocolate in the bowl.



Stir until it is usually smooth with just a few spots of melted chocolate. Add the extract and the pecans and stir to combine. Spoon on a parchment-covered tray. Spread with a spatula to

about 1-inch thickness. Drizzle with caramel sauce. Lightly swirl the caramel in the fudge with a knife or the end of the spatula. Cool until ready to serve. Cut into 1 inch squares and store in the refrigerator in an airtight container for up to a week. To enjoy!

NOURISH PER SERVINGS?

Calories 1400 ; Fat 81g ; Carbs 160g ; Protein 19g

RASPBERRY CARAMELS

PREP: 20 mins COOK: 35 mins SERVINGS: 24

INGREDIENTS



2 1/4 cups fresh raspberries



1 cup granulated sugar (divided)



1/3 cup heavy cream



2 tablespoons honey

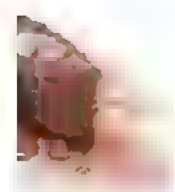


2 tablespoons unsalted butter

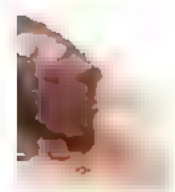


2 tablespoons fresh lemon juice

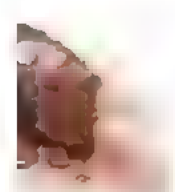
DIRECTIONS



Cover a 9 x 5 baking sheet with baking paper.



Puree the raspberries and 5 tablespoons sugar in a medium bowl. Puree until the berries are completely mushy and then set the mixture aside for about 15 minutes. Sieve the berry puree and the juice from the seeds with a fine sieve. Scrape the bottom of the sieve and add it to the rest of the reserved berries. Discard the seeds.



Rinse and dry the fine sieve. Place the strainer over your bread pan.



In a heavy-bottomed pan, add the remaining sugar, honey and cream. Stir to combine. Heat on medium and cook undisturbed (do not swirl or stir) until the mixture reaches 245 degrees F.



Once the mixture has reached this temperature, add the remaining ingredients, including the berry puree and stir everything well. Boil, scrape the bottom and sides of the mixture until it reaches 253 degrees F. Keep a close eye on the mixture, as it will suddenly shoot at the right temperature.



Immediately pour your caramel over the sieve into the bread pan, scrape the bottom and add to the pan. Tap the pan against your kitchen counter to remove any bubbles. Leave on for 6 - 8 hours.



Cut into small rectangles and wrap with cellophane, wax paper or parchment paper.

NOURISH PER SERVINGS?

Calories 70 ; Fat 2.5g ; Carbs 12g ; Protein 0g

DARK CHOCOLATE SALTED CARAMEL OREO PIE

PREP: 15 mins COOK: 90 mins SERVINGS: 10

INGREDIENTS



1 package of oreos (around 36 whole ones)



1 cup of butter (divided)



2/3 cup brown sugar (packed)



1 1/4 cups heavy cream (divided)



12 ounces of dark chocolate chips

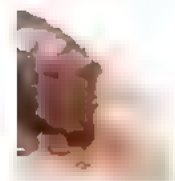


salt

DIRECTIONS



Finely crush the Oreos with a food processor or blender. Stir the crumbs together with 8 tablespoons of melted butter until well combined. Press in the bottom and sides of a cake pan. Freeze crust for 10 minutes until it is hard.



Combine the remaining 8 tablespoons of butter and brown sugar in a small saucepan. Cook over medium heat, beat constantly until the mixture starts to bubble. Keep cooking, constantly beating, for 1 minute. Remove from the heat. Slowly

beat 1/4 cup of heavy whipped cream until smooth. Cool caramel for about 15 minutes. Pour the caramel over the Oreo crust and return to the freezer for about 30-45 minutes until just cooled and set. (You don't want the caramel to freeze completely.)



Put chocolate chips in a glass bowl. In a saucepan, bring 1 cup of heavy whipped cream to the boil over medium heat. Pour the cream over the chocolate chips and let sit for 5 minutes, whisk until it is completely smooth. Pour the chocolate over the caramel and freeze for another 30 minutes, until just cooled and hard. OR in the refrigerator, covered, until ready to serve. Before serving, sprinkle the top with a flaky sea salt such as kosher salt

NOURISH PER SERVINGS?

Calories 407 ; Fat 28.4g ; Carbs 38.6g ; Protein 2.9g

DRY METHOD CARAMEL SAUCE

PREP: 5 mins COOK: 30 mins SERVINGS: 1

INGREDIENTS



2 cups of granulated sugar



9 tablespoons butter (room temperature)



1 cup heavy whipped cream



1 pinch of salt

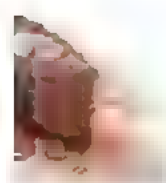


1 tablespoon whiskey

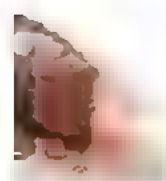


liqueur

DIRECTIONS



Put sugar in a large pan over medium heat. Stir occasionally until sugar starts to turn brown and melts. Stir constantly at this point and make sure you scrape well. Once melted (you may have some small pieces of sugar, but that's fine) and syrup is nicely browned, add a tablespoon of butter at a time. Make sure you mix the butter well before adding the next piece.



Remove the pan from the heat and stir, let the mixture cool slightly (10-20 seconds). Pour in the cream and stir until everything is well mixed. Sprinkle with salt and alcohol if desired. Pour through fine strainer to get rid of all the junk.



Allow to cool before cooling!

CARAMEL BUTTERCREAM

PREP: 3 mins COOK: 3 mins SERVINGS: 9

INGREDIENTS



2/3 cup butter (soft at room temperature)

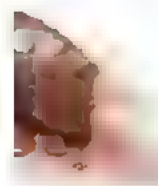


1 1/4 cups icing sugar

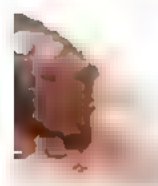


7 1/3 tablespoons caramel sauce

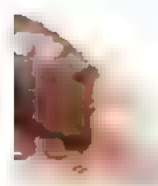
DIRECTIONS



Cut the butter (150g) into cubes and then beat it (by hand or with an electric mixer on a low speed) until soft.



Beat in the icing sugar (150g) (I do this a tablespoon at a time to avoid it flying everywhere and covering my kitchen).



Once the butter and icing sugar are fully combined, beat in the caramel sauce (150g).

NOURISH PER SERVINGS?

Calories 313 ; Fat 20g ; Carbs 33g ; Protein 1g

CREAMY CARAMEL ICING

TOTAL TIME: 35 mins SERVINGS: 2

INGREDIENTS



1/3 cup shortening



1/4 cup milk (plus ½ cup cold milk)



2 1/2 cups confectioner's sugar



1 teaspoon vanilla extract



1 tablespoon light corn syrup



2 cups of light brown sugar

DIRECTIONS



Combine in a bowl ⅓ cup of shortening, ¼ cup of hot milk, pastry sugar and vanilla and beat until smooth, about 2 minutes. Put aside.



In a pan, cook 1 tablespoon of cooking fat, ½ cup of cold milk, corn syrup and brown sugar to a temperature of 235 ° F (softball stage) on a candy thermometer, about 10 minutes. Pour over the shortening and mix until smooth and creamy, about 2 minutes. If the glaze is not smooth enough, add 1 tbsp of hot water.

TOFFEE

EASY TOFFEE

PREP: 10 mins COOK: 20 mins SERVINGS: 30

INGREDIENTS



toffee (EASY, RECIPE)



1 1/4 cups butter (divided)



40 soft drink crackers



1 cup of dark brown sugar (packed)



2 cups of semi-sweet chocolate pieces (I used an extra 1/2 cup of butterscotch chips)



3/4 cup chopped walnuts (fine pieces or caps)



m & m (Mini, optional)

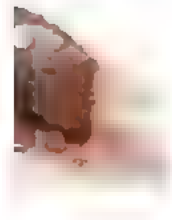
DIRECTIONS



Preheat the oven to 425 ° F. Line 15 x 10-inch jelly-roll pan with heavy foil. (I use non-stick spray or non-stick foil)



Melt butter and sugar in a medium-sized pan. Boil over medium heat. Lower the heat; boil, stirring occasionally, for 2 minutes. Remove from the heat. Pour over crackers.



Bake for 10 to 12 minutes or until the mixture is bubbling and slightly dark. Remove from the oven; Cool for 1 minute.



SPRINKLE with pieces. Let it stand for 5 minutes or put it back in the oven for 2 minutes until the pieces shine; spread evenly. Sprinkle with nuts; chocolate press. Cool in the pan on a rack for 30 minutes. Put in the fridge for about 30 minutes or until the chocolate has hardened. Remove foil; cut into pieces.

NOURISH PER SERVINGS?

Calories 221 ; Fat 14g ; Carbs 24g ; Protein 2g

GINGERBREAD TOFFEE

PREP: 10 mins COOK: 30 mins SERVINGS: 25

INGREDIENTS



1 1/2 cups chopped pecans (divided)



2 cups of butter



1 cup of white sugar



1 cup of dark brown sugar



1/3 cup molasses (not sulfated)



1/4 cup of water



2 tablespoons light corn syrup



1 teaspoon ground cinnamon



1 teaspoon ground ginger



1/4 teaspoon ground cloves



1 teaspoon vanilla extract (or pasta)



2 cups of semi-sweet chocolate chips

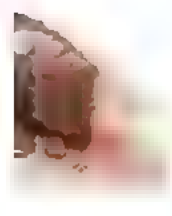
DIRECTIONS



Cook the pecans in a large frying pan over medium heat until they smell roasted. This only takes a few minutes. Put aside.



Put the butter, white sugar, dark brown sugar, molasses, water and light corn syrup in a large saucepan with a heavy bottom. Stir over medium heat constantly until the butter melts and turns into a smooth, cohesive mixture.



Clip a candy thermometer into the saucepan. Make sure the bottom of the thermometer does not touch the pan to ensure accuracy. Continue to cook the toffee mixture until it reaches 300 degrees. Stir occasionally. While it is boiling, the mixture turns into a boiling boil and eventually decreases in volume.



While the toffee mixture is boiling, mix the cinnamon, ginger and cloves together. Put aside. Cover a large baking sheet with baking paper. Also set aside.



As soon as the toffee mixture reaches 300 degrees, turn off the heat. Stir in the spice mixture, vanilla extract and 1 cup of pecan nuts. Carefully pour the toffee on the baking tray lined with baking paper. Sprinkle chocolate chips on top. Let sit for three to five minutes. Use a spoon to spread and melt the chocolate on top of the toffee. Continue until the chocolate is completely melted and smooth. Sprinkle with remaining pecans.



All toffee to sit for at least three hours. Once the chocolate is set, break into pieces. To enjoy!

NOURISH PER SERVINGS?

Calories 290 ; Fat 20.5g ; Carbs 28.2g ; Protein 1.7g

CHOC-COVERED MAPLE SPONGE TOFFEE

TOTAL TIME: 50 mins SERVINGS: 12

INGREDIENTS



2 cups of white sugar



1/2 cup honey



1/3 cup maple syrup



120 ounces of butter



1 tablespoon baking powder



400 ounces of dark chocolate

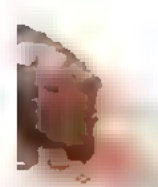
DIRECTIONS



Put the sugar, honey, maple syrup and butter in a large saucepan over medium heat and stir with a metal spoon until the sugar has dissolved.



Place a candy thermometer in the pan and simmer for 7-8 minutes or until the mixture reaches 150c.



Remove the thermometer and pan from the heat. Add the baking powder and mix until golden brown and foamy. Pour into a baking tin of 20 cm x 30 cm. Set to 30 minutes.



Melt chocolate in a double grill and divide it over the toffee and leave it for 1 hour or until it is hard. Remove from the mold and break into pieces.

NOURISH PER SERVINGS?

Calories 450 ; Fat 19g ; Carbs 71g ; Protein 2g

CHRISTMAS CRACK (SALTINE TOFFEE)

PREP:10 mins COOK: 10 mins SERVINGS: 48

INGREDIENTS



3/4 cup butter



3/4 cup brown sugar



48 salt crackers (about 1-1 / 2 sleeves)

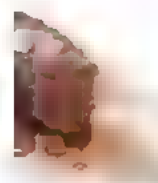


12 ounces of chocolate chips



8 ounces of toffee pieces (heather milk chocolate)

DIRECTIONS



Preheat the oven to 350 ° F. Cover a 12 "x16" baking sheet with silpat.



Place the crackers on the sheet in a single layer.



Microwave the butter until it is melted and stir in the brown sugar and stir until it dissolves (heat a little more if the dissolution slows down).



Sprinkle the butter on crackers and spread them in a thin layer with a spatula.



Bake buttered crackers for five minutes.



Sprinkle the chocolate chips over the crackers and return to the oven, bake for another three minutes or until melted.



Spread chocolate in a thin layer over crackers.



Top with toffee pieces and let cool and cure completely - popping in the fridge for a bit if you are in a hurry.



Cut into 48 squares (6x8). Store in an airtight container and store in a cool, dry place.

NOURISH PER SERVINGS?

Calories 1290 ; Fat 82g ; Carbs 145g ; Protein 8g

COFFEE TOFFEE

TOTAL TIME: 35 mins SERVINGS: 4

INGREDIENTS



1 cup of butter (2 sticks or 8 ounces)



1/2 cup light brown sugar



1/2 cup of white sugar



1 1/2 teaspoons of molasses (can exchange corn syrup or honey)



1/4 teaspoon of salt (or a thick 1/4 teaspoon of flaky sea salt)



1 1/2 teaspoons of instant espresso powder



1 cup of semisweet chocolate chips (or 6 ounces of semisweet chocolate, minced)



1/2 cup chopped hazelnuts (roasted, skinned and chilled or another nut of your choice)

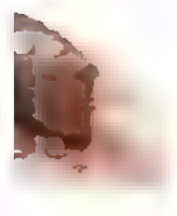
DIRECTIONS



Cover a small baking sheet (mine is 9 × 13 to fit in my void oven) with parchment paper or a silicone mat and set them aside.



In a medium-heavy saucepan (I used a 3-quarters) with a candy thermometer attached, melts butter, brown sugar, white sugar, molasses, salt and espresso. Cook over medium heat, stirring occasionally with a whisk (one that reaches into the corners is especially handy here) until the temperature approaches 250 FF, at which point you must constantly stir until it reaches 300 FF.



Pour immediately into the prepared baking tray - you can spread it more evenly with an offset or silicone spatula, but don't worry if you don't have either. Sprinkle the chocolate chips on the toffee and let them rest for a minute until they are soft, spread the chocolate evenly over the candy base. Sprinkle the chocolate with chopped hazelnuts and if you are just as impatient as we are, you can put the skin on a cooling rack in the freezer until the toffee has hardened.



Break into pieces and store in an airtight container. If your kitchen is hot, you may prefer to keep it in the fridge so that the chocolate does not soften.

NOURISH PER SERVINGS?

Calories 820 ; Fat 59g ; Carbs 81g ; Protein 2g

TOFFEE FUDGE

TOTAL TIME: 45 mins SERVINGS: 4

INGREDIENTS



3 cups of Hershey's semi-sweet chocolate chips



14 ounces of sweetened condensed milk



1/4 cup unsalted butter



1/2 teaspoon vanilla extract (optional)



1/2 cup of toffee pieces (Heath)

DIRECTIONS



Prepare 8x8 baking pan by covering the foil. Grease foil lining.



Melt chocolate, sweetened condensed milk and butter over medium heat; stirring often.



Add vanilla extract if desired.



Spread in greased pan. Sprinkle pieces of toffee over it. Lightly press the toffee into the fudge. Cool for 2 hours or until set.

NOURISH PER SERVINGS?

Calories 1090 ; Fat 62g ; Carbs 141g ; Protein 13g

BUTTER TOFFEE

PREP:10 mins COOK: 30 mins SERVINGS: 18

INGREDIENTS



16 ounces of butter (weight, melted)



16 ounces of granulated sugar (weight)



3 ounces of water (liquid)



1 teaspoon of salt



1 teaspoon vanilla extract



16 ounces of roasted nuts (weight Chopped Topping:, Candy Canes, Sea Salt, etc.)

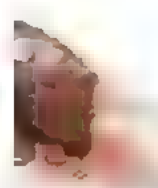


24 ounces of dark chocolate (weight tempered, for coating, melted)

DIRECTIONS



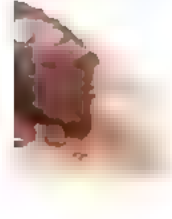
Combine butter, sugar, water and salt in a pan. Bring to the boil, stirring constantly.



Cook over medium heat, stirring gently, until the candy thermometer registers 298 degrees. Remove from heat and stir in the vanilla.



Pour the mixture onto a silicone baking mat or good baking paper. Use a heat-resistant rubber spatula or offset spatula to spread quickly before the toffee hardens. Smear thin.



Let the toffee cool completely. Dab off to remove excess oil from the surface. Cover the surface with half the melted chocolate and immediately sprinkle with topping.



When the chocolate is completely cured, turn it carefully (it is fine if it falls apart a little) and cover the other side with the rest of the chocolate. Sprinkle with topping.



Let it harden and break it into bite-sized pieces. Store in an airtight container.

NOURISH PER SERVINGS?

Calories 650 ; Fat 49g ; Carbs 51g ; Protein 6g

EASY SALTINE TOFFEE

PREP: 15 mins COOK: 5 mins SERVINGS: 40

INGREDIENTS



1 salt crackers (salted sleeve, about 35-40 crackers)



1 cup unsalted butter



1 cup light brown sugar (or packaged dark)



6 tablespoons creamy peanut butter



2 1/2 cups of milk (semi-sweet or white chocolate chips)



1 cup m & ms

DIRECTIONS



Preheat the oven to 400 ° F (204 ° C). Generously spray half a sheet of pan with cooking spray or line with a silicone baking mat or baking paper. Arrange crackers on top as shown. Put aside.



Stir lightly and bring butter and brown sugar to the boil in a large saucepan over medium heat. While it starts to boil, let it rest for 3 minutes without stirring. Pour boiling mixture evenly over crackers and bake for 5 minutes.



Melt peanut butter in the microwave while baking toffee peanut butter. Remove the toffee from the oven and pour over peanut butter. Smooth it to an even layer. Immediately sprinkle chocolate chips on it and then place the pan back in the oven for 1 minute to help melt chocolate chips. Remove from the oven and spread chocolate chips in one melted chocolate layer. Top with M & Ms.



Put toffee in the fridge for 2 hours. Once set up, break into pieces.

NOURISH PER SERVINGS?

Calories 110 ; Fat 7g ; Carbs 11g ; Protein 2g

TOFFEE MARSHMALLOW PIE

PREP:15 mins SERVINGS: 10

INGREDIENTS



32 large marshmallows



1/3 cup of milk



1/2 cup of toffee pieces (plus more for serving)



1 cup whipped cream

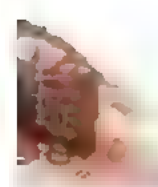


1 pie crust (basic, fully cooked and cooled)

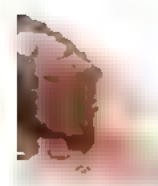


chocolate sauce (for serving)

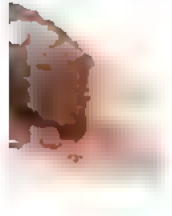
DIRECTIONS



Combine the marshmallows and milk in a large saucepan. Cook over medium heat, stirring constantly, until the marshmallows are melted. Remove from the heat and immediately stir in the pieces of toffee. Let the toffee pieces melt a little and then put them in the fridge for 15-20 minutes until they are thickened, but do not harden.



Beat the whipped cream to stiff peaks. Stir about a quarter of the cream into the marshmallow mixture. Fold in the remaining cream. Spread the mixture in the pie crust. Cool until fully set, about 3 hours.



Serve sprinkled with chocolate sauce and sprinkled with extra pieces of toffee.

NOURISH PER SERVINGS?

Calories 250 ; Fat 13g ; Carbs 32g ; Protein 3g

ICED TOFFEE COOKIE

TOTAL TIME: 35 mins SERVINGS: 48

INGREDIENTS



1 stick butter (softened)



3/4 cup sugar



3/4 cup brown sugar



1 teaspoon vanilla



2 eggs



2 1/4 cups of flour



1 teaspoon of salt



3/4 teaspoon baking powder



8 ounces of toffee pieces

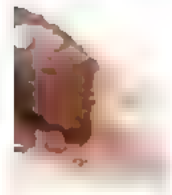
DIRECTIONS



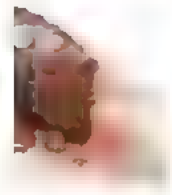
Preheat the oven to 350 degrees. Line baking sheet with parchment paper.



Mix butter, sugar, brown sugar and vanilla in a mixing bowl until everything is well mixed. Add eggs and mix.



Mix dry ingredients in a separate bowl.



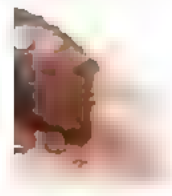
Gradually add dry ingredients to the butter mixture and mix well.



Fold toffee pieces.



Drop through rounded teaspoons on parchment paper, about 2 inches apart, as they spread.



Bake for 12-14 minutes until golden brown. Let cool.

NOURISH PER SERVINGS?

Calories 90 ; Fat 3.5g ; Carbs 13g ; Protein 1g

TOFFEE CRUNCH CUPCAKES

TOTAL TIME: 65 mins SERVINGS: 30

INGREDIENTS



2 cups All-purpose Flour



3/4 cup unsweetened cocoa powder



1 tablespoon espresso powder



1 teaspoon baking powder



1/2 teaspoon of salt



2 cups of sugar



1 cup unsalted butter (at room temperature)



4 large eggs (at room temperature)



2 teaspoons vanilla extract



1 cup of brewed coffee



1 cup of toffee pieces



8 ounces of bittersweet chocolate (finely chopped)



1 cup of heavy cream



3 tablespoons unsalted butter (at room temperature)



2 cups of toffee pieces



5 large proteins



1 1/2 cups of sugar



4 sticks unsalted butter (at room temperature)



1/2 teaspoon coarse salt



1 tablespoon vanilla extract



1/3 cup caramel sauce

DIRECTIONS

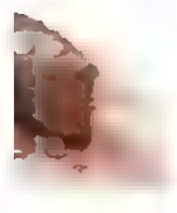


To make the cupcakes, preheat the oven to 350° F. Cover cupcake pans with paper liners. Mix the flour, cocoa powder, espresso powder, baking powder and salt in a medium bowl. In the bowl of an electric mixer, combine the sugar and butter and beat them together at medium speed until they are light and fluffy, about 2-3 minutes. Beat the eggs one by one and mix well after each addition. Add the vanilla. With the mixer on low speed, add the dry ingredients in three additions, alternating

with the coffee, starting and ending with the dry ingredients. Mix each addition until it is included. Fold the toffee pieces with a spatula.



Distribute the batter evenly over the prepared liners. Bake for 18-20 minutes or until a toothpick in the middle comes out clean. Allow the pans to cool for 5-10 minutes before placing on a rack to cool completely.



Place the chopped chocolate in a heat-resistant bowl to make the ganache. Add the cream to a pan and bring to the boil. Remove from heat and pour the hot cream over the chocolate; let stand for 1-2 minutes. Beat until a smooth ganache is created. Beat the butter 1 tablespoon at a time until everything is completely absorbed. Place the bowl in the refrigerator or freezer to cool the ganache to consistency of the pipes, beat every 5-10 minutes to ensure even cooling. When light thickened, transfer to a piping bag with your favorite tip. Pipe a ring of ganache around the top of each cupcake, leaving a hole in the middle. Add the toffee pieces to a bowl and dip the ganache portion of each cupcake into the toffee pieces, gently pressing to attach. Let the ganache harden.



To make the glaze, combine the egg whites and sugar in a heat-resistant bowl over a pot of simmering water. Heat, beat regularly, until the mixture reaches 160 ° F and the sugar is dissolved. Transfer the mixture to the bowl of a kitchen mixer with the whisk attachment. Beat at medium speed until stiff

peaks form and the mixture is cooled to room temperature, about 8 minutes. (The bowl must feel cool.)



Reduce the speed to medium and add the butter, 2 tablespoons at a time, and add more once each addition is included. If the glaze appears smooth or curdled, keep beating at medium speed until it is thick and smooth again, about 3-5 minutes longer (or longer - don't worry, it comes together!) Mix the salt, vanilla, and caramel to a smooth and fully worked-in layer, scrape along the sides of the bowl if necessary.



Fill a piping bag with a decorative point with the frosting and spray a frilly stack of frosting on top of each cupcake, filling the hole in the middle of the ganache. Top with extra toffee pieces, if desired.

NOURISH PER SERVINGS?

Calories 440 ; Fat 29g ; Carbs 44g ; Protein 4g

ALMOND CHOCOLATE TOFFEE CRUNCHIES

PREP: 10 mins COOK: 20 mins SERVINGS: 24

INGREDIENTS



1 salt crackers (sleeve of)



1 cup of butter



1 cup of brown sugar (packaged)



2 cups of chocolate chips



1 cup chopped almonds (roasted)

DIRECTIONS



Preheat the oven to 350 degrees F. Spray a rimmed non-stick baking tray.



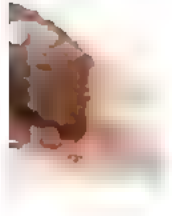
Place the crackers next to each other on the baking sheet.



Melt butter and brown sugar in a medium saucepan over medium heat. Stir frequently, heat the mixture for about 3-5 minutes until it becomes a nice caramel-like sauce.



Pour the sauce over the crackers until they are completely covered.



Bake for 15 minutes. Remove from the oven and immediately sprinkle chocolate chips on the toffee crackers. The chocolate starts to melt. Spread chocolate over the mixture of toffee and cover with nuts.



Allow the crackers to cool completely before breaking the toffee into pieces. To enjoy!

NOURISH PER SERVINGS?

Calories 190 ; Fat 15g ; Carbs 16g ; Protein 2g

PRETZEL TOFFEE

TOTAL TIME: 55 mins SERVINGS: 4

INGREDIENTS



6 ounces of pretzel sticks



1 1/4 cups of tightly packed brown sugar



1 1/4 cups Land O Lakes Butter



12 ounces of semi-sweet chocolate chips (real)



2 ounce white chocolate baking pan (curled)

DIRECTIONS



Preheat the oven to 400°F. Line 15x10x1-inch baking pan with aluminum foil; butter foil. My bank pan was a bit bigger, it worked great. Make sure you butter the foil really well.



Place the pretzels on the pan in a single layer. My boys have done an excellent job with this task. It helps if the pretzels are neatly arranged and fit well in the pan. I made a new batch without their help and loosely threw my pretzels and it was a bit difficult spreading the chocolate in step 6, the pretzels kept moving.

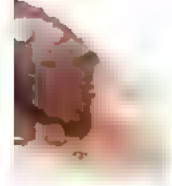


Combine brown sugar and butter in a medium saucepan. Cook over medium heat until the mixture boils completely. Keep

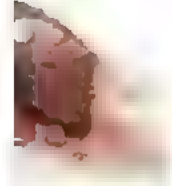
cooking for 2 minutes.



Pour the mixture over the pretzels. Then bake for 10 minutes.



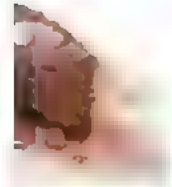
Remove the pan from the oven; sprinkle evenly with chocolate chips.



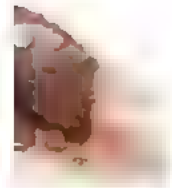
Put back in the oven for 1 minute to soften chocolate chips. Remove from the oven. Carefully spread the chocolate over the pretzels.



Cool for 30 minutes. Sprinkle with white chocolate curls.



Cool the toffee completely. Another 20-30 minutes in the freezer works great.



Remove from the freezer. Peel the foil from the toffee block before splitting it into pieces.

NOURISH PER SERVINGS?

Calories 1370 ; Fat 86g ; Carbs 159g ; Protein 9g

PEPPERMINT TOFFEE

PREP: 15 mins COOK: 15 mins SERVINGS: 12

INGREDIENTS



1/2 cup unsalted butter



1/2 cup of brown sugar



1 package of graham crackers



1 cup of white chocolate melting waffles



2 candy canes (crushed)

DIRECTIONS



Preheat the oven to 325 ° F. Cover a large half-jelly roll pan with aluminum foil. Spray the foil with non-stick cooking spray and cover the pan with graham crackers.

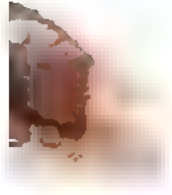


Put the butter and sugar in a medium-sized pan over low / medium heat. Stir until the butter has melted. Once the butter has melted, bring to a boil over a medium heat for 2 1/2 -3 minutes.

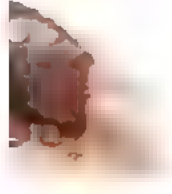


Once it is nice and sparkling and has turned into more caramel, remove the pan from the heat and pour evenly over crackers. Spread the mixture with a knife, but it does not have to be

perfect. Try to move quickly during this part so that the toffee does not harden.



Place the pan in the oven and bake for 7-9 minutes.



Remove the pan from the oven and let it cool slightly. Melt the chocolate and pour over it with a spatula. Sprinkle with candy canes and place in the freezer for 15 minutes. Sprinkle with red chocolate if desired. Once the chocolate has hardened, break the pieces of the foil and place them in a container. It stays fresh for 1 week.

NOURISH PER SERVINGS?

Calories 315 ; Fat 14g ; Carbs 43g ; Protein 3g

TOFFEE-PECAN SNICKERDOODLES

PREP: 20 mins COOK: 12 mins SERVINGS: 20

INGREDIENTS



3 cups all-purpose flour



1 teaspoon baking powder



1 teaspoon of tartar



1/2 teaspoon of ground cinnamon



1/4 teaspoon of salt



1 cup unsalted butter (softened)



1 cup of granulated sugar



1/2 cup light brown sugar (packaged)



2 large eggs



1 teaspoon vanilla



1 cup of toffee pieces



1/2 cup chopped pecans



1/4 cup granulated sugar



2 teaspoons of ground cinnamon

DIRECTIONS

MAKE COOKIES



Beat the flour, baking powder, tartar, cinnamon and salt together. Put aside.



Beat the butter, sugar and brown sugar lightly and fluffy using an electric mixer at medium speed. Add the eggs one by one and mix well after each addition. Add the vanilla.



Lower mixer speed to low. Gradually add the flour mixture, mix until a few strips of flour remain. Stir in the toffee pieces and pecans until the dough has just been combined.



Cover and let cool for 1 hour.

MAKING THE CINNAMON SUGAR AND MOUNTING THE COOKIES



Preheat the oven to 350 ° F. Cover baking sheets with silicone liners or baking paper.



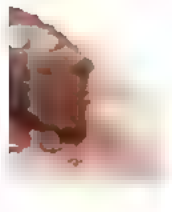
Mix the sugar and cinnamon in a small bowl until everything is combined.



Form the dough with balls of about 1 & 1/2 tablespoons at a time. Roll each dough ball in cinnamon sugar.



Place the cookies on the prepared pans, leaving about 2 centimetres between cookies. Bake for 10 to 12 minutes, or until the edges are light brown.



Cool the cookies on the pan on a rack for 5 minutes. Then transfer the cookies to a rack to cool completely.

NOURISH PER SERVINGS?

Calories 270 ; Fat 13g ; Carbs 36g ; Protein 3g

BUTTERSCOTCH ALMOND TOFFEE

PREP: 5 mins COOK: 25 mins SERVINGS: 24

INGREDIENTS



2 cups of butter



2 cups of granulated sugar



1 teaspoon of salt



1 teaspoon vanilla extract



3/4 cup planed almonds



3/4 cup butterscotch chips



3/4 cup milk chocolate chips

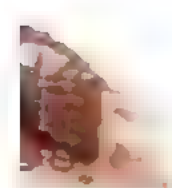


Shorten 1 1/2 teaspoons (divided)

DIRECTIONS



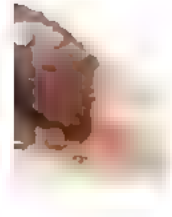
Cover a 15x10 - inch baking pan with foil and spray lightly with cooking spray. (This is a jellyroll scale.) Set aside.



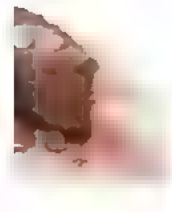
Mix the butter, sugar and salt in a heavy-bottomed pan. Melt the butter over medium heat, stirring until the sugar is completely dissolved.



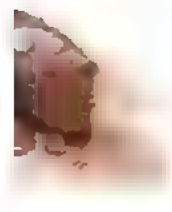
Clamp a candy thermometer in the pan and keep cooking and stir the mixture until it reaches 290 degrees Fahrenheit.



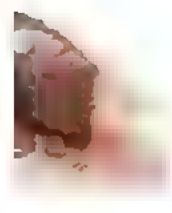
Stir in the vanilla extract and the shredded almonds; pour toffee into the prepared pan. Top the pan to evenly distribute the toffee. Place the pan on a rack to cool.



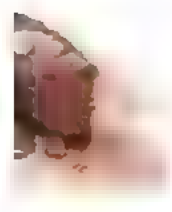
In a small bowl, mix butterscotch chips and half of the shortening. Combine the milk chocolate chips and the remaining shortening in a separate bowl.



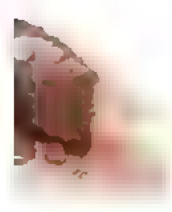
Heat high in the microwave at 30-second intervals, stirring until the chips are completely melted and smooth.



Use an offset spatula to spread the butterscotch and chocolate on the chilled toffee.



Place in the fridge for at least 30 minutes to allow the chocolate to cure.



Break into pieces and serve.

NOURISH PER SERVINGS?

Calories 272 ; Fat 19g ; Carbs 26g ; Protein 1g

VANILLA TOFFEE CRUNCH FUDGE

PREP: 15 mins COOK: 10 mins SERVINGS: 64

INGREDIENTS



2 cups of granulated sugar



3/4 cup heavy cream



3/4 cup unsalted butter



1 pinch of salt



11 ounce chocolate pieces (white)



1 teaspoon vanilla bean paste



7 ounces of marshmallow cream



6 chocolate-covered toffee bars

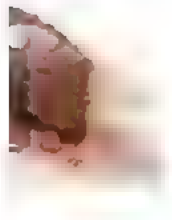
DIRECTIONS



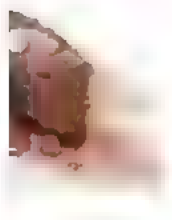
Prepare a square 8-inch baking pan by covering it with baking paper. Put aside.



Add pieces of white chocolate, vanilla bean paste and marshmallow cream to a large mixing bowl. Put aside.



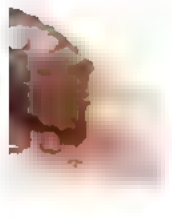
In a large, heavy pan, add butter, cream, sugar and salt. Bring to the boil over medium heat, stirring frequently. Once boiling, continue cooking for 5 minutes, stirring constantly. Remove from heat and pour over white chocolate mixture. Mix using an electric mixer for about a minute, until the pieces are melted and the mixture is smooth.



Pour into chopped toffee candy, stir once.



Pour the mixture into the prepared baking dish and let it set for two hours (or overnight), covered with a piece of plastic wrap.



Once set, cut into bite-sized pieces and store in an airtight container at room temperature for two weeks. For the freshest fudge, cut only when needed, store the large piece of fudge in a zipper until it is ready to eat.

NOURISH PER SERVINGS?

Calories 90 ; Fat 5g ; Carbs 12g ; Protein 0g

TEXAS PECAN TOFFEE

TOTAL TIME: 45 mins SERVINGS: 2

INGREDIENTS



1 1/2 cups unsalted butter



4 1/2 ounces of white chocolate (finely chopped)



1 cup imperial sugar Extra fine granulated sugar



1 tablespoon molasses



2 teaspoons of instant espresso powder



1/3 cup imperial sugar light brown sugar



1/2 teaspoon cinnamon



1/3 cup of water



1/4 teaspoon of salt

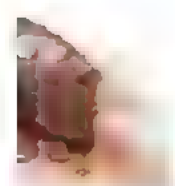


2 cups chopped pecans

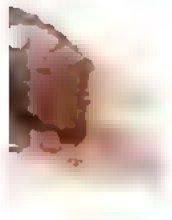


4 1/2 ounces of bittersweet chocolate

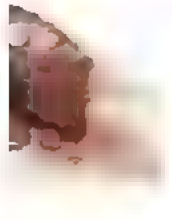
DIRECTIONS



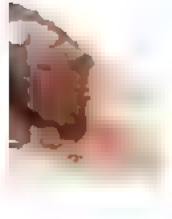
Butter a baking sheet. Put aside.



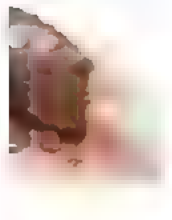
Melt the butter in a heavy pan over low heat. Add both sugars, water, molasses, espresso powder, cinnamon and salt. Stir until sugar dissolves. Increase until medium heat slowly but constantly until the temperature reaches 290°F, approximately 20 minutes.



Remove from heat and stir in 1 1/2 cups of nuts. Pour the mixture quickly onto a baking sheet. Tilt and pop the edges of the pan to spread toffee.



Sprinkle white and dark chocolate on top. First add white chocolate so that it does not melt in dark chocolate. Pat all chocolate pieces with a spoon



Sprinkle the remaining nuts over the chocolate. Allow to cool and break into pieces.

MACADAMIA TOFFEE BRITTLE

PREP: 20 mins SERVINGS: 26

INGREDIENTS



1 cup of sugar



1/2 cup light glucose syrup



coarse salt (1/2 teaspoon of kosher)



2 cups macadamia nuts (coarsely chopped)



1 tablespoon butter (cut into small pieces)



1 teaspoon baking powder



1 teaspoon vanilla

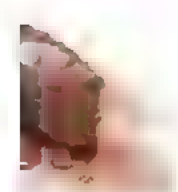


1/2 cup of toffee pieces

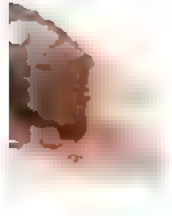


3/4 cup milk chocolate chips

DIRECTIONS



Spray 15x10x1-inch pan with cooking spray. Stir sugar, corn syrup and salt in a 2 liter microwavable bowl. Microwave uncovered at High 4 minutes or until bubbling. Stir in macadamia nuts and butter. Microwave on High 3 to 5 minutes or until golden brown.



Stir in baking powder and vanilla (mixture will bubble). Pour immediately into the pan, spreading to 1/4 inch thickness with lightly greased spatula. Sprinkle toffee pieces and chocolate chips on top. Let stand for 10 minutes or until the chips are melted. Spread with melted chocolate evenly over brittle. Cool completely. Cool 20 minutes to place chocolate. Break into 1 1/2 - 2 inch pieces.

NOURISH PER SERVINGS?

Calories 180 ; Fat 11g ; Carbs 20g ; Protein 1g

MATZO TOFFEE

PREP:10 mins COOK: 5 mins SERVINGS: 20

INGREDIENTS



5 ounces of matzo (about half a box)



1 cup unsalted butter



3/4 cup light brown sugar (packed separately)



3/4 teaspoon kosher salt



1 teaspoon baking powder



12 ounces of milk chocolate chips



1/2 teaspoon of sea salt

DIRECTIONS



Place the matzo in an even layer on a lined baking sheet.



Put the butter, brown sugar and salt in a medium-sized pan and cook over medium heat until it bubbles.



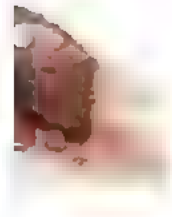
Clip a candy thermometer on the side of the jar and keep stirring until the mixture reaches approximately 275 degrees F.



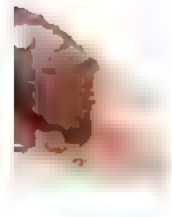
Remove the pot from the heat and pour the mixture over the matzo, using a spatula to spread it in an even layer.



Let the toffee cool for a few minutes and sprinkle the chocolate chips on it.



After the chocolate chips have softened, use a spatula to spread them in an even layer.



Sprinkle with sea salt to garnish



Break into pieces and serve.

NOURISH PER SERVINGS?

Calories 226 ; Fat 13g ; Carbs 25g ; Protein 1g

TOFFEE BROWNIE CHOCOLATE TRIFLE

TOTAL TIME: 80 mins SERVINGS: 4

INGREDIENTS



1 1/2 cups of sugar



1 1/2 cups of flour



1/2 cup of cocoa



3/4 teaspoon of salt



3 eggs



3/4 cup oil



6 tablespoons milk



3 ounces of chocolate pudding



3 ounce pudding (cheesecake, you can use another box of chocolate if you prefer)



1/2 cup sweetened condensed milk



3 cups of milk



1 1/2 cups whipped cream



1/2 teaspoon vanilla



1 cup of toffee pieces



1 Heath Bar

DIRECTIONS



Beat pudding mix, sweetened condensed milk and milk until smooth. Put aside. Beat whipped cream until soft peaks occur and then beat in powdered sugar and vanilla. Put aside.



Place in a large small bowl half of the brownie squares, half of the pudding, 1/2 cup of toffee pieces and half of the sweetened whipped cream. Repeat layers. Top with ground cap. Cover and let cool for 1 hour.

NOURISH PER SERVINGS?

Calories 1510 ; Fat 82g ; Carbs 175g ; Protein 27g

FUDGE

ORIGINAL FANTASY FUDGE

PREP:10 mins SERVINGS: 32

INGREDIENTS



3 cups of granulated sugar



3/4 cup butter



2/3 cup of evaporated milk



12 ounces of semi-sweet chocolate chips



10 ounces of mini marshmallows



1 cup walnuts (minced meat)



1 teaspoon vanilla extract

DIRECTIONS



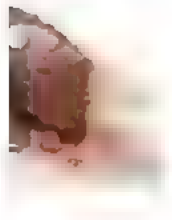
Cover a 9x13 inch pan with parchment paper.



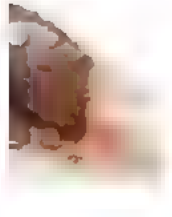
Mix sugar, butter and evaporated milk in a large saucepan over medium heat.



Bring the mixture to the boil, leave it to boil until the mixture registers 234 ° F on a candy thermometer (approximately 5 minutes), stirring constantly.



Remove from heat and stir chocolate chips until melted and thoroughly combined.



Beat mini marshmallows, walnuts and vanilla extract.



Transfer fudge to the prepared pan and allow it to cool for approximately 2 hours before cutting.

CRANBERRY PISTACHIO FUDGE

PREP:10 mins COOK: 5 mins SERVINGS: 36

INGREDIENTS



14 ounces of sweetened condensed milk



14 ounces of white chocolate



1 tablespoon unsalted butter



1/2 teaspoon vanilla extract



1 cup of dried cranberries



3/4 cup pistachio nuts

DIRECTIONS



First cover an 8 x 8-inch pan with parchment paper and set it aside.



Pour sweet condensed milk into a large bowl and heat over medium heat, stirring occasionally.



Then add chocolate and butter before the milk starts to boil and stir until the chocolate is completely melted.



Remove from heat and also add vanilla and pistachio nuts and cranberries.



Pour the mixture into the pan and smooth it. Put it in the fridge for at least 2 hours.



Before serving, it must be taken out of the refrigerator and kept at room temperature for a few minutes.



The fudge must be cut into 36 pieces.

NOURISH PER SERVINGS?

Calories 120 ; Fat 6g ; Carbs 14g ; Protein 2g

KETO FUDGE

PREP: 10 mins SERVINGS: 16

INGREDIENTS



8 ounces of salted butter (in slices)



7 ounces of Swerve (confectioners, or sweetener that measures such as powdered sugar)



6 ounces of unsweetened baking chocolate (finely chopped)



3 ounce heavy whipped cream



2 teaspoons vanilla extract

DIRECTIONS



Make an 8x8-inch pan covered with foil.



Add all ingredients in a microwave-proof bowl. Microwave at intervals of 30 seconds at 50% power until just melted, stirring well in between. Mix well until silky smooth.



Pour the chocolate mixture into the pan.



Freeze until the fudge is set, about an hour. Lift the foil to remove the fudge from the pan. Cut into 16 strips and serve cold. Cover and keep leftovers in the fridge.

NOURISH PER SERVINGS?

Calories 190 ; Fat 18g ; Carbs 3g ; Protein 2g

SNICKER FUDGE

TOTAL TIME: 25 mins SERVINGS: 84

INGREDIENTS



6 Snickers Candy Bars (2.07 oz each)



3 cups of sugar



3/4 cup butter (no substitutes)



2/3 cup of evaporated milk



2 cups of semi-sweet chocolate chips (12 oz)



1 jar of marshmallow cream (7 oz)



1 teaspoon vanilla extract

DIRECTIONS



Cover a 9 "square pan with foil. Butter the foil and set it aside. Cut candy bars into 1/2 inch slices. Set aside.



In a pan, bring sugar, butter and milk to the boil over medium heat. Boil and stir until candy thermometer indicates 234 degrees (soft ball stage), about 3 minutes. Remove from the heat.



Stir chocolate chips, marshmallow cream and vanilla until smooth. Pour half into the prepared pan. Sprinkle with candy bars.



Top with remaining fudge and spread evenly. Let it stand until it has cooled. Lift out of the pan and remove the foil.



Cut into squares. Makes 7 dozen.

NOURISH PER SERVINGS?

Calories 70 ; Fat 3g ; Carbs 12g ; Protein 0g

CONDENSED MILK FUDGE

TOTAL TIME: 35 mins SERVINGS: 4

INGREDIENTS



400 ouncescondensed milk



450 ouncesbrown sugar



150 milk



115 ouncesbutter

DIRECTIONS



Grease and line a 20cm square baking tin. Heat together the milk, condensed milk, butter and sugar over a low heat in a non-stick saucepan for 10-15 minutes, scraping the bottom of the pan often, until the mixture forms a soft ball when dropped into a glass of cold water.



Once the mixture reaches this stage, remove it from the heat and beat it for ten minutes until it becomes thick and grainy.



Pour it into the baking tin and leave it to cool completely before serving.



Once the fudge is cooled, either cut it into small squares or break it apart with your hands. This recipe will yield around 20 portions of fudge.

EGGNOG FUDGE

PREP: 5 mins COOK: 10 mins SERVINGS: 24

INGREDIENTS



1/2 cup butter



3/4 cup eggnog



2 cups of white sugar



2 cups of white chocolate chips



7 ounces of marshmallow cream



2 teaspoons vanilla extract



1/2 teaspoon of nutmeg (grated)

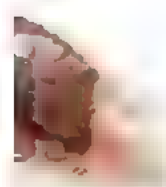
DIRECTIONS



Cover a 9x9 pan with foil. Spray with non-stick cooking spray.



Combine butter, sugar and eggnog in a medium saucepan. Bring to the boil.



Cook until the temperature reaches 234 degrees on a candy thermometer.



Remove from the heat. Stir the white chocolate until it has melted.



Stir in the marshmallow cream, vanilla and nutmeg.



Evenly distributed in prepared pan.



Garnish with more grated nutmeg if desired.

NOURISH PER SERVINGS?

Calories 187 ; Fat 26g ; Carbs 8g ; Protein 1g

OREO HOT FUDGE SAUCE

TOTAL TIME: 15 mins SERVINGS: 1

INGREDIENTS



4 tablespoons unsalted butter



4 ounces of semi-sweet chocolate (high quality, coarsely chopped)



3 tablespoons dark cocoa powder (Hershey's Special)



1/2 cup of sugar



2 tablespoons honey



2/3 cup of boiling water

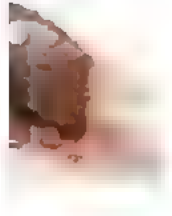


1/4 teaspoon of salt

DIRECTIONS



Melt the butter with the semi-sweet chocolate and cocoa powder in a 2-liter pan over medium heat. Melt until a smooth mixture and beat in the sugar and honey. Carefully beat in the boiling water (the mixture will bubble) and beat to dissolve the sugar as the mixture boils. Stop stirring and cook for 3 to 4 minutes or until the sauce has thickened and is shiny. Remove from heat and whisk in the salt.



Serve warm, or store for a maximum of 2 weeks, or freeze for a maximum of 3 months. Heat gently in a pan over low heat, or in short bursts on MEDIUM power in the microwave.

NOURISH PER SERVINGS?

Calories 1500 ; Fat 82g ; Carbs 217g ; Protein 8g

FROZEN OREO DESSERT

PREP:25 mins SERVINGS: 18

INGREDIENTS



1/4 cup butter (melted)



1 oreos package (finely ground, I used my food processor)

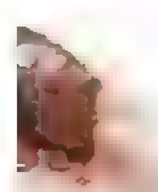


1/2 gallon of ice cream (cookies & cream & chocolate chip mint are tasty)

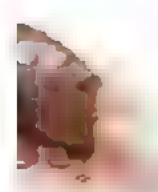


1/2 of hot fudge sauce

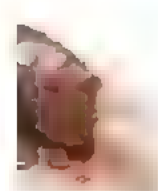
DIRECTIONS



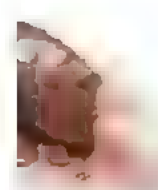
Combine melted butter and Oreo crumbs in a small bowl until well mixed.



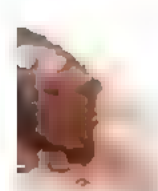
Press a little more than half of the crumbs into a 9 × 13 pan pan. Place in the freezer.



Take ice from the freezer and let it soften. I stirred mine about every 5 minutes until it was spreadable.



Spread softened ice on frozen crust. Sprinkle the remaining crumbs over it. Cover and freeze for a few hours or until firm.



Take them out of the freezer 10-15 minutes before serving. Sprinkle each slice with hot fudge sauce.

NOURISH PER SERVINGS?

Calories 150 ; Fat 9g ; Carbs 15g ; Protein 2g

CROCK POT HOT FUDGE BROWNIES

PREP: 5 mins COOK: 3 hour SERVINGS: 8

INGREDIENTS



20 ounces of brownie mix (prepared)



1 cup of chocolate syrup



1 cup of hot water



vanilla ice cream



frozen whipped cream topping



Maraschino Cherries



chocolate sprinkles

DIRECTIONS



Spray your crock pot with cooking spray



Pour your brownie batter into your pot, spread evenly



Combine your chocolate syrup and water in a bowl and pour it over your batter



Cover and cook on high for 2 1/2 - 3 hours, until the edges are just set



Remove the lid and let it stand for 30 minutes so that the center can stand up



Serve with your favorite topping.

NOURISH PER SERVINGS?

Calories 417 ; Fat 9g ; Carbs 80g ; Protein 4g

OREO FUDGE MILKSHAKE

TOTAL TIME: 15 mins SERVINGS: 3

INGREDIENTS



2 cups vanilla ice cream (the higher the quality, the better)



1 cup of whole milk



5 Oreo cookies (plus more for garnish)



2 tablespoons sauce (fudge)



1 teaspoon vanilla extract

DIRECTIONS



Put your ice cream and milk in a blender. (Use more milk for a thinner shake and less milk for a thicker consistency.)



Add chocolate syrup, vanilla extract and Oreo cookies.



Pulse to usually smooth. Cookies usually need to be broken, but with a few larger cookie chunks.



Pour into a cooled glass and garnish with whole or crumbled Oreos.

NOURISH PER SERVINGS?

Calories 340 ; Fat 16g ; Carbs 40g ; Protein 7g

PEANUT BUTTER FUDGE

TOTAL TIME: 64 mins SERVINGS: 2

INGREDIENTS



1/4 cup Country Crock® Spread



1/4 cup light corn syrup



18 ounces of skippy creamy peanut butter



1 1/4 cups confectioner's sugar



1 teaspoon vanilla extract

DIRECTIONS



Spray 8-inch square baking pan with non-stick cooking spray; put aside.



Melt paste with corn syrup in a 2 liter pan over medium heat, stirring occasionally. Add Skippy® creamy peanut butter. Cook over medium heat, stirring regularly, until smooth. Remove from the heat. Stir the pastry sugar and vanilla with a wooden spoon until smooth. Spread in prepared pan. Cool for 2 hours or until firm. To serve, cut into 1-inch squares.

NOURISH PER SERVINGS?

Calories 60 ; Fat 4g ; Carbs 5g ; Protein 2g

DOUBLE FUDGE OREO CRUNCH COOKIES

TOTAL TIME: 40 mins SERVINGS: 15

INGREDIENTS



1 cup of butter (at room temperature)



1 1/2 cups of sugar



2 eggs



1 teaspoon vanilla



2 cups of flour



1/2 cup of cocoa powder



1 teaspoon baking powder



1/4 teaspoon of salt

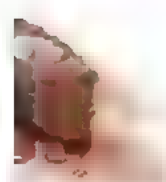


1 cup of chocolate chips



1 cup of oreo cookies (crushed)

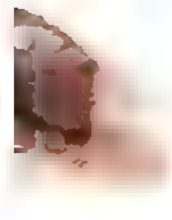
DIRECTIONS



Butter, sugar, eggs and vanilla until light. Add flour, cocoa powder, baking powder and salt and mix until combined.



Fold in chocolate chips and ground ore. Cool the dough for 2-4 hours (or more). When you are ready to bake, preheat the oven to 350, roll it into balls or scoop it with an ice cream scoop and place it on a baking sheet.



Bake at 350 for 10-12 minutes. Allow to cool completely.

NOURISH PER SERVINGS?

Calories 320 ; Fat 17g ; Carbs 42g ; Protein 4g

PISTACHIO FUDGE

TOTAL TIME: 45 mins SERVINGS: 4

INGREDIENTS



3/4 cup white chocolate chips



6 tablespoons butter



1/3 cup of water



1 pudding mix (4 servings of instant Pistachio)



3 cups powdered sugar



1/2 cup of peeled pistachio nuts

DIRECTIONS



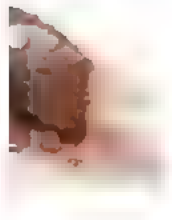
Cover an 8x8 square baking pan with foil. Put aside.



Melt in a microwave-safe large bowl of chocolate chips, butter and water, in the microwave, on high for 1 minute. Remove from the microwave and stir until the chocolate chips are completely melted. If necessary, heat for another 30 seconds.



Stir the dry pudding mix into the chocolate mixture. Once fully combined, stir in sugar, one cup at a time. Fold peeled pistachio nuts.



Press the fudge into the prepared pan. Put in the fridge for 2 hours to set.



Remove the fudge from the pan and remove the foil. Use a sharp knife to neatly cut into squares. Store in an airtight container.

NOURISH PER SERVINGS?

Calories 850 ; Fat 34g ; Carbs 136g ; Protein 5g

CHRISTMAS OREO FUDGE

PREP: 5 mins COOK: 20 mins SERVINGS: 4

INGREDIENTS



18 ounces white chocolate chips (1 1/2 packages)



14 ounces sweetened condensed milk



2 cups Oreo cookies (Christmas, crushed)



1/8 teaspoon salt

DIRECTIONS



Cover an 8 x 8 square baking dish with foil or greaseproof paper, leave long pieces hanging over the edge of the dish and spray with non-stick spray; put aside.



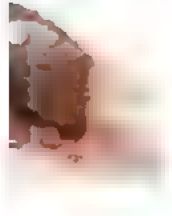
Combine white chocolate chips, sweetened condensed milk and salt in a saucepan and heat over low heat, stirring, until completely melted and smooth.



Carefully stir in the cookies, just enough to spread pieces of cake through the fudge - if you stir the red filling of the Oreos, will marble the white fudge.



Spread the fudge in the prepared baking dish, cover with plastic wrap and cool for 2 hours or until firm.



Carefully lift the entire square fudge out of the dish using the long pieces of wax paper. Cut them into small squares and pack them as a gift or keep them in a plastic container with a lid.

NOURISH PER SERVINGS?

Calories 460 ; Fat 21g ; Carbs 62g ; Protein 6g

TURTLE CHOCOLATE FUDGE

PREP:30 mins SERVINGS: 4

INGREDIENTS



50 Kraft Caramels (unwrapped)



2 tablespoons milk



3 cups of semi-sweet chocolate chips



14 ounces of condensed milk (canned)



1/4 teaspoon of salt

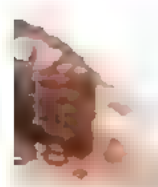


2 cups pecan nuts (coarsely chopped)



1 1/2 teaspoons vanilla extract

DIRECTIONS



Cover a 9 × 13 inch pan with parchment paper; make sure the parchment paper comes along the sides of the pan for maximum coverage



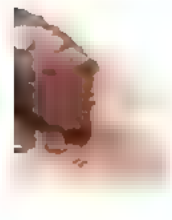
In a saucepan over very low heat, melt the chocolate chips with the condensed milk and salt until smooth.



Remove from heat and stir in vanilla and 1 1/2 cups chopped pecans.



Pour the fudge mixture into the prepared pan and press the fudge into the pan with a rubber spatula; Be sure to spread the fudge evenly over the surface of the pan, including the corners. Put aside.



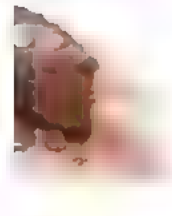
Heat the caramels and milk together in a large stainless steel bowl, over a saucepan of boiling water until they are melted and smooth.



Spread the caramel evenly over the top of the fudge.



Top with the remaining chopped pecans.



Cover and cool for at least one hour before cutting into squares.



Keep fudge in the refrigerator to prevent melting.

NOURISH PER SERVINGS?

Calories 1440 ; Fat 99g ; Carbs 145g ; Protein 20g

HALLOWEEN FUDGE

PREP: 20 mins COOK: 10 mins SERVINGS: 24

INGREDIENTS



1 bag of nestle toll house (Halloween Morsels)



1/2 cup of semi-sweet chocolate pieces (or a little more)



1/2 cup of white chocolate chips (or a little more)



1 can of condensed milk (divided)



1 teaspoon vanilla extract (divided)



24 pieces of candy corn

DIRECTIONS



Cover an 8 "square pan with foil and spray with cooking spray.



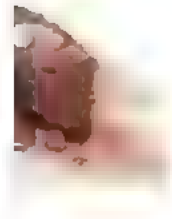
Open the bag with Nestle Toll House Halloween pieces and separate the orange pieces from the semi-sweet.



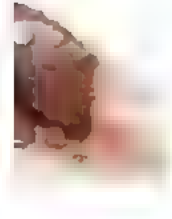
Start with the semi-sweet pieces from the Halloween mix, measure how many were in the separate stack and add enough semi-sweet chocolate chips to make a total of 1 and 1/2 cups. (You get about 1 cup from the Nestle package and you need to add about 1/2 cup of extra chocolate chips.)



Put the semi-sweet chips in a pan with 1/2 cup of sweetened condensed milk. Heat over low heat, stirring constantly, until smooth. Remove from heat and stir in 1/2 teaspoon vanilla. Spread in prepared pan with an offset spatula (or, if you are careful, spray your hands with cooking spray and press to adjust - be careful that the mixture is hot!)



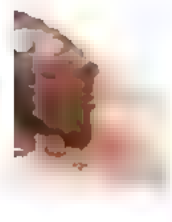
Place in the refrigerator to cool for 10 minutes before starting the second batch.



Measure how many orange chips were in the separate stack and add enough white chocolate chips to make a total of 1 and 1/2 cups. (You get about 1 cup from the Nestle package and you need to add about 1/2 cup of extra white chocolate chips.)



Put the white chips in a pan with the remaining 1/2 cup of sweetened condensed milk. Heat over low heat, stirring constantly, until smooth. Remove from heat and stir in 1/2 teaspoon vanilla. Carefully spread over semi-sweet layer with an offset spatula. Immediately squeeze sweet corn into the top. I did 4 rows of 6. Use more or less depending on the size of your fudge.



Cool to cure, cut and serve at room temperature.

NOURISH PER SERVINGS?

Calories 161 ; Fat 5g ; Carbs 24g ; Protein 2g

SNOWFLAKE FUDGE

TOTAL TIME: 25 mins SERVINGS: 4

INGREDIENTS



3 cups powdered sugar (Dixie Crystals)



1 1/2 cups heavy cream



1 teaspoon of salt



2 teaspoons vanilla



12 tablespoons butter



4 1/2 cups of mini marshmallows



1 tablespoon orange peel



4 1/2 cups of white chocolate chips

DIRECTIONS



Place 2 sheets of parchment paper in a cross pattern in a 9x13 pan. Spray with cooking spray.



Put everything except the white chocolate chips in a large saucepan. Heat over medium heat. Bring to the boil.



Cook for 5 minutes. Remove from heat and stir in white chocolate chips.



Pour fudge into the pan. Put in the fridge for 15 minutes. Sprinkle with sprinkles if you want. Cool 4 hours before you cut into small squares.

NO BAKE ALMOND FUDGE PROTEIN BARS

PREP:10 mins SERVINGS: 12

INGREDIENTS



1 cup of oatmeal (or regular oats ground in a blender)



1/2 cup quick oats



1/3 cup vanilla protein powder (I used whey)



1/2 cup crispy rice cereal



1/2 cup almond butter (or peanut butter)



1/3 cup of honey



1 teaspoon vanilla extract



3 tablespoons chocolate chips (for melting)

DIRECTIONS



Prepare a 9 × 5 loaf pan by spraying it with cooking spray. Put aside.



In a medium mixing bowl, mix oatmeal, quick oats, protein powder and crispy rice grain. Mix until well combined and set aside.



In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and completely combined with the honey. Stir in the vanilla extract.



Remove from heat and pour into the dry mixture. Stir until everything is completely combined.



Pour into the prepared loaf pan. Spread the mixture evenly in the pan with a spatula or your hands and press firmly. *



Optional: place the chocolate in a microwave-safe bowl and let them stand at a height of 20 seconds, mix them each. When the chocolate has completely melted, sprinkle over the top of the packaged mix with a spoon.



Put the pan in the fridge and let it cool for about 30 minutes before you cut it into strips.

NOURISH PER SERVINGS?

Calories 190 ; Fat 9g ; Carbs 23g ; Protein 6g

HEALTHY FUDGE BROWNIES

TOTAL TIME: 50 mins SERVINGS: 18

INGREDIENTS



spray bake



2/3 cup honey (completely natural)



1/4 cup brown sugar



2/3 cup unsweetened apple sauce



1/2 cup unsweetened cocoa powder



2/3 cup whole wheat flour



1/4 teaspoon baking powder



1/4 teaspoon baking powder



1/4 teaspoon of salt



2 1/2 tablespoons coconut oil

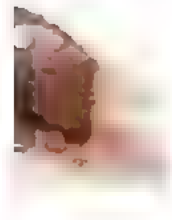


1 large egg



1 teaspoon vanilla extract

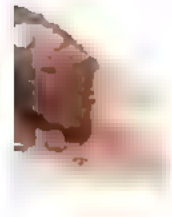
DIRECTIONS



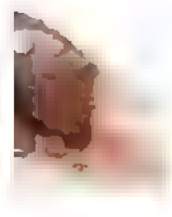
Preheat the oven to 350 ° F and spray a square baking pan of 8-9 inches with non-stick spray.



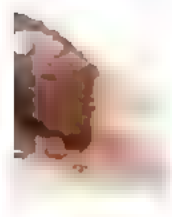
Heat your honey in a microwave bowl in 20-second steps until it becomes watery and starts to bubble. About 40 seconds.



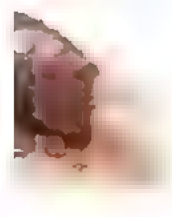
Add cocoa powder and brown sugar to the honey and mix until smooth. Let cool.



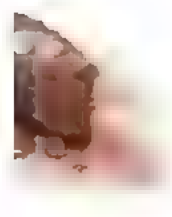
Beat the flour, baking powder, baking powder and salt in a medium-sized bowl.



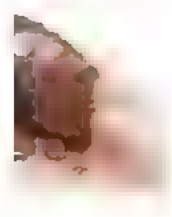
Combine apple sauce, coconut oil, egg and vanilla extract in a large bowl. Then add your cocoa-honey mixture and beat until completely absorbed.



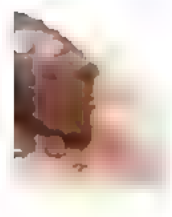
Gradually add your flour mixture to the wet ingredients and mix until smooth. Don't mix too much.



Pour your finished batter into your baking tin and place in the oven.



Bake brownies 23-26 minutes and check with a toothpick if they are completely cooked.



Allow 15 minutes to cool (if you can wait that long), cut into squares and enjoy!

NOURISH PER SERVINGS?

Calories 90 ; Fat 2.5g ; Carbs 18g ; Protein 1g

CHRISTMAS FUDGE

TOTAL TIME: 23 mins SERVINGS: 64

INGREDIENTS



1 1/2 cups of chocolate chips (semi-sweet)



14 sweetened condensed milk (can be full of fat)



2 tablespoons of marshmallow cream



1 1/2 cups of white chocolate chips



14 sweetened condensed milk (can be full of fat)



2 tablespoons of marshmallow cream



1 teaspoon vanilla extract



1/3 cup sprinkles

DIRECTIONS



Cover an 8-inch square pan with foil (leave a good overhang on all sides) and spray lightly with non-stick spray.



Prepare the chocolate fudge layer: combine the chocolate chips, sweetened condensed milk and marshmallow cream in a medium saucepan and heat over medium heat. Stir constantly with a rubber spatula or wooden spoon while the chips are

melting. Once the mixture is melted and smooth, remove it from the heat and scrape it into the prepared pan spread to create an even layer. Put aside.



Prepare the white fudge layer: combine the white chocolate chips, sweetened condensed milk and marshmallow cream in a medium saucepan and heat over medium heat. Stir constantly with a rubber spatula or wooden spoon while the chips are melting. Once the mixture has melted and is smooth, remove from heat and stir in the vanilla. Then quickly stir the 1/3 cup sprinkles. Do not stir too much, otherwise they will melt in the mixture. Scrape the mixture on top of the fudge layer spread to create an even layer. Sprinkle a few extra sprinkles or nonpareils on top if desired.



Cool for 4 hours or until set. After adjustment, remove the fudge from the pan by lifting it out of the pan with the foil overhang and pulling the foil off and throwing it away. Place the fudge on a cutting board and cut into small pieces. Store at room temperature for up to 3 days, or freeze in a tightly sealed container until it is ready to nibble.

NOURISH PER SERVINGS?

Calories 90 ; Fat 4g ; Carbs 13g ; Protein 1g

TRUFFLES

DARK CHOCOLATE AVOCADO TRUFFLES

PREP:10 mins SERVINGS: 12

INGREDIENTS



6 ounces of dark chocolate (I used 67% chocolate chips)



1/3 cup of avocado (puree, about 1 small avocado)



1/2 teaspoon vanilla extract



1 pinch of salt

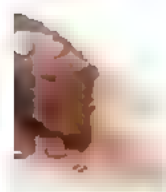


2 tablespoons cocoa powder (for rolling, optional)

DIRECTIONS



Combine the chocolate, the vanilla extract and a pinch of salt in a double boiler and melt until it is completely smooth. (For this, I just use an oven-safe bowl above my small saucepan.) Puree the avocado with a fork until no lumps are visible and then stir in the melted chocolate mixture until it is smooth and thickened. Put in the fridge to set for 20 minutes, or until the light feels hard.



Once the mixture has cooled and is somewhat firm, use a tablespoon to scoop the chocolate into 12 balls. Place them on a pan lined with parchment paper and roll the balls between the

palms to create a smooth surface. (Be warned: this can get messy!)



Put the 2 tablespoons of cocoa powder in a small bowl and roll each truffle in the cocoa for coating. Serve at room temperature, but keep in the refrigerator for a long shelf life.

NOURISH PER SERVINGS?

Calories 93 ; Fat 6g ; Carbs 7g ; Protein 1g

NO BAKE HOLIDAY OREO TRUFFLES

PREP:20 mins SERVINGS: 30

INGREDIENTS



15 1/4 ounces oreos (each taste, double filled or regularly both work)



8 ounces of cream cheese (softened)



Bake 12 ounces of chocolate



green food coloring



1/2 cup sprinkles

DIRECTIONS



Place the Oreos in a food processor and mix until fine crumbs are formed.



Stir in the cream cheese until a sticky dough is formed.



Roll about 1-1.5 tablespoons of dough in a ball and place them on a plate or in a container that you can put in the freezer. Freeze the balls for at least 30 minutes.



Place the white melting chocolate in a small microwave-safe bowl and heat 30 seconds at a time, stirring in between, until melted.

Dipping the Oreo Balls:



Cover a baking sheet with wax paper. Remove Oreo balls from the freezer. Drop them into the chocolate and carefully roll them around with a fork.



There is probably a flatter part, that was the bottom of the ball when it was in the freezer. Slide the fork under the flatter part and lift it up. Slide the bottom of the fork over the edge of the bowl to let the excess chocolate drip off and then place it on the wax paper.

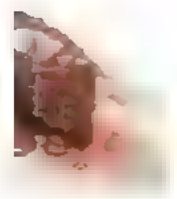


The chocolate hardens fairly quickly from there. After you have baptized them all, put them in the fridge for at least 10 minutes.

Topping the truffles:



Melt the semi-sweet chocolate in a small bowl in the microwave, 30 seconds at a time.



Dip a fork in the melted chocolate and sprinkle over the Oreo balls. You may make a mess of it, but that is part of it!



You can also sprinkle them with sprinkles or Oreo crumbs immediately after they are submerged.

NOURISH PER SERVINGS?

Calories 224 ; Fat 13g ; Carbs 24g ; Protein 2g

3-INGREDIENT OREO TRUFFLES

TOTAL TIME: 45 mins SERVINGS: 4

INGREDIENTS



1 package of OREO® Cookies



1 pack of cream cheese (8 oz., Soft)



24 ounces of melting waffles (Ghirardelli white or white chocolate)

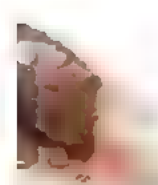
DIRECTIONS



Put the full cream-filled ore in a food processor and pulse until they are fine crumbs and no longer large pieces. You may need to do this in small quantities.



Pour the crushed ore into a large bowl and add the soft cream cheese. Use a fork or spoon to beat well until it is sticky and no cream cheese is visible.



Take 1- 1/2 tablespoons of dough and roll it into small balls. Place them on a baking sheet and leave them in the freezer for 20-25 minutes.



Melt the Ghirardelli chocolate in a microwave-safe bowl for 15 seconds, stirring until melted. Take a dough ball and place it on a fork (with the flat side down) and dip it in the chocolate. Shake

off the excess chocolate and place it on a piece of wax or baking paper. Put this over another baking tray or a large plate.



If you want toppings, add some crushed ore while the chocolate is still wet. If you want the nice lines (see below), just melt chocolate and put it in a zippered bag and sprinkle the top.



Place in the fridge to set them up and enjoy! I personally think they are the best after an hour of chilling. If you turn them off for a party, I recommend putting ice under a plate or serving it out of the fridge immediately after it.

EASY CHOCOLATE BOURBON TRUFFLES

PREP: 15 mins COOK: 15 mins SERVINGS: 18

INGREDIENTS



14 ounces of sweetened condensed milk



3 cups of semi-sweet chocolate chips



1 tablespoon vanilla extract



2 tablespoons bourbon



3/4 cup finely chopped pecans



1/2 cup granulated sugar

DIRECTIONS



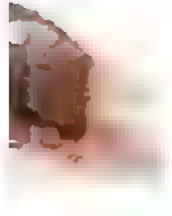
Combine chocolate chips and sweetened condensed milk in a pan over low heat. Heat while stirring until melted and smooth; take it off the fire.



Stir in the vanilla, bourbon and 1/2 to 3/4 cup pecans. Put in a small bowl. Cover and let cool for 3 to 4 hours, or until the mixture is firm.



Work with fingertips and form 1-inch balls; roll in finely chopped pecans, sugar or unsweetened cocoa. Place on a baking sheet or tray, cover loosely and allow to cool for at least 1 hour.



If desired, place each truffle in a decorative ribbed paper or foil cup and store it in a well-covered container in the refrigerator until it is given or served. Keep it cooled, well covered.

NOURISH PER SERVINGS?

Calories 260 ; Fat 14g ; Carbs 36g ; Protein 3g

KAHLUA CHOCOLATE TRUFFLES

PREP: 20 mins COOK: 10 mins SERVINGS: 36

INGREDIENTS



14 ounces of semi-sweet chocolate (minced)



1 cup heavy whipped cream



1 teaspoon espresso powder



1/2 tablespoon unsalted butter (diced and at room temperature)



1 tablespoon Kahlua liqueur

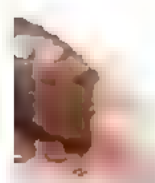


4 ounces of chocolate (semi-sweet, grated or chopped)

DIRECTIONS



Finely chop the chocolate and set aside. Heat the cream in a saucepan over low heat until small bubbles begin to form around the sides of the pan. Remove the cream from the heat; add espresso powder and chopped chocolate and beat gently. Cool for 5 minutes. Stir in butter and Kahlua.



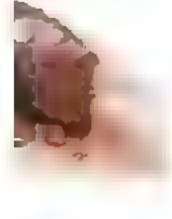
Cool to room temperature, cover well and put in the fridge for at least 4 hours or until it is sturdy enough to scoop.



For the chocolate coating:



Grate chocolate using the running side of a grater, or chop it fine if you don't have a grater. Put the grated chocolate in a wide, shallow dish and set aside.



Meeting:



Cover a large baking sheet with wax paper; put aside.



Scoop out a tablespoon the size of the cooled chocolate and use your hands to make it into a ball. Roll the truffle in the grated chocolate and place it on the prepared baking sheet. Repeat this until there is no more chocolate truffle mixture. Store the truffles for up to two weeks in an airtight container in the refrigerator.

NOURISH PER SERVINGS?

Calories 90 ; Fat 6g ; Carbs 10g ; Protein 1g

KETO PEANUT BUTTER TRUFFLES

PREP:30 mins COOK: 1 hour 30 mins SERVINGS: 12

INGREDIENTS



1/2 cup creamy peanut butter



1/3 cup Swerve (pastry chefs)



1/4 cup blanched almond flour



3 ounces unsweetened baking chocolate (finely chopped)



3 tablespoons Swerve (pastry shops)



1 tablespoon coconut oil

DIRECTIONS



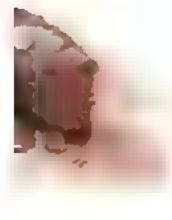
Combine all the ingredients of the peanut butter ball in a bowl until everything is well mixed and a dough is formed. If the peanut butter is too stiff to stir easily, allow it to soften at room temperature until it becomes more manageable.



Make a baking sheet lined with baking paper. Form twelve 1-inch balls from the peanut butter mixture and place them in a single layer on the parchment paper. Place in the freezer for at least 30 minutes to harden. The longer you let them freeze, the easier it is to dip them into chocolate without becoming too soft and losing their shape.



Add all the ingredients of the chocolate coating in a bowl. Microwave at intervals of 30 seconds, stirring well in between, until melted and smooth. Make sure you do not overheat the chocolate.



Remove the peanut butter balls from the freezer. Use a toothpicks to transfer them, dip a ball of peanut butter in chocolate until it is covered on all sides and drain off the excess moisture. Place the coated ball back on the parchment paper. Repeat this until everything is covered.



Cool until the chocolate shell is hard, about an hour or more. They can be made in advance and stored in the refrigerator until you are ready to serve them.

NOURISH PER SERVINGS?

Calories 110 ; Fat 9g ; Carbs 4g ; Protein 4g

EASY PUMPKIN PIE TRUFFLES

TOTAL TIME: 55 mins SERVINGS: 65

INGREDIENTS



1 bag of oreos (golden, finely ground in a food processor)



6 ounces of cream cheese (softened)



1/2 cup pumpkin puree



1/2 teaspoon cinnamon



16 ounces of white chocolate

DIRECTIONS



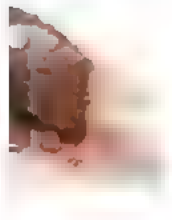
Mix everything except the white chocolate until it is well combined and smooth. Allow the dough to cool for at least 30 minutes.



Roll the chilled dough into 1 1/2 "balls and place them on a baking sheet. Freeze the truffles for 30 minutes.



Melt the white chocolate according to the instructions on the package. Dip one truffle in the chocolate at a time. Lift a truffle from the bottom of the chocolate with a fork and tap gently to remove excess chocolate. Add chocolate sprinkles or let the chocolate set and sprinkle with more orange-painted orange.



Store covered in the refrigerator.

NOURISH PER SERVINGS?

Calories 45 ; Fat 3g ; Carbs 4g ; Protein 1g

OREO TRUFFLE BALLS

PREP: 15 mins COOK: 1 mins SERVINGS: 4

INGREDIENTS



36 pieces of Oreo cookies



8 ounces of cream cheese (softened)



12 ounces of white chocolate melting waffles

DIRECTIONS



Pulse cookies in a food processor until they are in powder form. Reserve about 1/4 cup of crumbs.



Combine cream cheese and the remaining cookie crumbs in a bowl. Beat with a hand mixer at low speed until everything is well mixed and smooth.



Form Oreo cream cheese mixture into 1-inch balls. Lay a coated baking sheet on a baking sheet in a single layer and allow to cool for about 10 to 20 minutes or until firm.



Place chocolate chips and microwave at half power for about 30 seconds or until it starts to melt in a microwave-proof bowl. Remove from the microwave and stir until smooth. If it is not completely melted, stay in the microwave at 15-second intervals and stir until smooth.



Dip Oreo balls one by one in melted chocolate and roll them for coating. Lift truffles coated with two forks out of the chocolate so that excess chocolate can drip.



Place in a baking sheet covered with parchment. Sprinkle the top with reserved cookie crumbs. Cool for about 30 minutes or until firm.

NOURISH PER SERVINGS?

Calories 186 ; Fat 9g ; Carbs 20g ; Protein 4g

DARK CHOCOLATE KEY LIME PIE TRUFFLES

PREP: 1 hour 30 mins SERVINGS: 60

INGREDIENTS



3/4 cup heavy cream



2 limes



14 ounces of white chocolate (cut into small pieces *)



1 tablespoon fresh lime juice



2 tablespoons unsalted butter (softened to room temperature and cut into 4 pieces)



20 ounces of bittersweet chocolate (coarsely chopped)



4 ounces of white chocolate (coarsely chopped)



3 candies (green, melt *)

DIRECTIONS



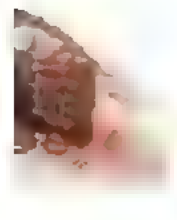
Read the recipe and my tips / explanation / photos carefully under the recipe so that you know exactly what you are doing and why you are doing it. There is art (and science!) To make truffles.



Heat the cream and lime zest in a small saucepan over medium heat. Stir until the mixture barely boils. Remove from heat and let the lime flavor soak in the cream for 30 minutes.



Meanwhile, place the chopped white chocolate in a medium heat-resistant bowl. Add the lime juice and butter to the bowl. Do not stir yet. Put aside.



After 30 minutes, put the lime-soaked cream back on the fire until it hardly starts simmering again. Remove from heat and strain through a strainer on top of the white chocolate to remove the skin. Carefully stir the white chocolate mixture with a rubber spatula in one direction. Do not stir vigorously. Use gentle, circular movements. Once all white chocolate is completely smooth, cover with a piece of plastic foil that is pressed on top of the ganache filling. Leave it at room temperature for 1 hour and then put it in the fridge for another 5-6 hours. Spending the night is OK.



After cooling, the ganache filling is smooth and slightly soft, but still manageable by hand. You want a soft filling - this makes the truffles creamy.



Cover two large baking trays with baking paper or silicone baking mats. Put aside. Make sure you have enough room in the fridge for the baking trays, because the truffles must cool after they have been rolled in the next step.



Measure 1 teaspoon of ganache filling and roll into a ball between your hands. Place on the prepared baking sheet. I wipe my hands with a paper towel between each rolling truffle. Clean hands make it easier to roll sticky truffles. Repeat the rolling remaining truffles. Cool the truffles while melting the chocolate coating.



Place the bittersweet chocolate in a medium heat-resistant bowl. I like to use a liquid measuring cup. The depth makes it easier to immerse the truffles. Melt in 30-second steps in the microwave, stir after each step until it is completely melted and smooth. Let the hot chocolate stand for 5 minutes to cool slightly before you dip it. Alternatively you can temper the chocolate. Do not store finished truffles in the refrigerator if you temper them.



Remove truffles from the fridge and start dipping in the chocolate using the dip tool presented under this recipe. Alternatively you can use a spoon, fork, toothpick, etc. The immersion aids make the process 100x easier, faster and your truffles look better! Put the dipped truffles back on the baking trays. Melt the white chocolate and candy melts (when used) in the same way as you melted the chocolate in step 8. Sprinkle the truffles with a fork or squeeze bottle. Leave truffles at room temperature for at least 1 hour.

NOURISH PER SERVINGS?

Calories 140 ; Fat 2.5g ; Carbs 29g ; Protein 0g

HALLOWEEN TRUFFLES

PREP:45 mins COOK: 1 hour SERVINGS: 4

INGREDIENTS



12 ounces of bittersweet chocolate (minced)



1/4 cup butter (softened)



1 cup heavy whipped cream



powdered sugar



sprinkles (Halloween or sugars)

DIRECTIONS



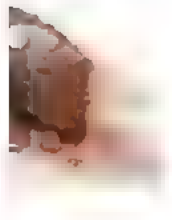
Put chocolate and butter in a bowl and set aside.



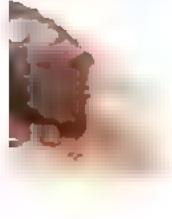
Heat whipped cream in a saucepan over medium heat until it boils. Pour hot whipped cream over chocolate mixture into a bowl; let stand for 2 minutes. Stir the mixture with the whisk until smooth. Pour into an 8 or 9 inch baking pan. Cool for at least one hour, until firm enough to form.



Line baking tray with baking paper. Sprinkle powdered sugar over clean hands; form level tablespoons of chocolate mixture in balls. Place on prepared baking sheet.



Place sprinkles or sugars in bowls; put aside. Roll each truffle in the desired coating. Place truffles in a container with a well-fitting lid; cool for about 1 hour until it is firm. Keep cool.



Replace the bag of 10 to 12 ounce bittersweet or semi-sweet chocolate chips for the chopped chocolate.

NOURISH PER SERVINGS?

Calories 740 ; Fat 60g ; Carbs 60g ; Protein 5g

ICE CREAM TRUFFLES

PREP:10 mins SERVINGS: 24

INGREDIENTS



1/2 pint of vanilla ice cream



10 ounces of white chocolate (finely chopped)



4 1/2 teaspoons of vegetable shortening (or vegetable oil)



chocolate sprinkles

DIRECTIONS



Cover two large plates with baking paper; put aside.



Scoop the ice into small balls using a small cookie spoon (or tablespoon) and place on prepared plates. Freeze for at least 1 hour.



Place the chopped chocolate and the vegetable-free container in a medium-sized bowl and microwave at 50% power in 30-second steps until everything is smooth and melted.



Remove a plate of truffles from the freezer and dip two balls of each ball into the melted chocolate and turn it completely. Return to the parchment-covered plate and cover with sprinkles. Go back to the freezer and repeat with the other plate with truffles. Freeze for at least 1 hour before serving. Once

fully frozen, the truffles can be stored in a resealable freezer bag for up to 1 month.

NOURISH PER SERVINGS?

Calories 93 ; Fat 5g ; Carbs 9g ; Protein 1g

COOKIE DOUGH TRUFFLES

TOTAL TIME : 35 mins SERVINGS: 50

INGREDIENTS



1/2 cup salted butter (softened)



3/4 cup light brown sugar



1 teaspoon vanilla



14 ounces of sweetened condensed milk



2 1/4 cups of flour



1/2 cup of mini chocolate chips

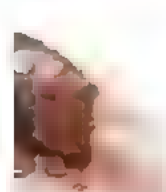
DIRECTIONS



combine (in a bowl) the butter, sugar, vanilla and sweetened condensed milk. Add the flour and chocolate chips.



Now you can possibly make this into balls at this point. However, I couldn't do it - I think it's the summer in Florida. That's why we have refrigerators. Cool your dough if necessary. Maybe half an hour. Roll into walnut-sized balls. Place the balls in the freezer for 2 hours.

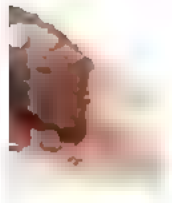


Melt 12 oz chocolate chips with 1 tablespoon shortening or butter. To melt, place in a microwave at 25-second intervals,

stirring between each. Be careful, overheated chocolate can get stuck. Just grab it until it starts to melt and stir, the chocolate will continue to melt and become smooth. My little tip. I have ruined a lot of chocolate in my days.



Now you can baptize the balls using a spoon or filling dough bags with the melted chocolate and drizzle.



So, drizzle or dip and keep these babies in the fridge. Unless you live in an igloo.

NOURISH PER SERVINGS?

Calories 1040 ; Fat 39g ; Carbs 161g ; Protein 16g

SESAME TRUFFLES

TOTAL TIME: 38 mins SERVINGS: 8

INGREDIENTS



1/2 cup cashew nuts



1/4 cup tahini



1/4 cup agave nectar



1 teaspoon vanilla extract



1/4 cup of sesame seeds

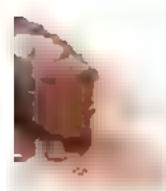
DIRECTIONS



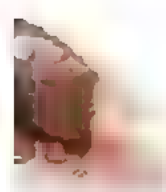
Place cashew nuts in food processor and pulse until the texture of coarse sand



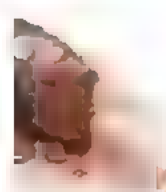
Add tahini, agave and vanilla and pulse until smooth



Transfer the mixture from a food processor to a bowl and put in the fridge for 2 hours



Roll into 1-inch balls and cover with sesame seeds



Serve

NOURISH PER SERVINGS?

Calories 160 ; Fat 12g ; Carbs 9g ; Protein 5g

RED VELVET TRUFFLES

PREP: 35 mins SERVINGS: 40

INGREDIENTS



1 box of red velvet cake mix (plus ingredients listed on the box to prepare the cake)



8 ounces of cream cheese (soft)



16 ounces of white chocolate



2 ounces of semi-sweet chocolate (or dark)

DIRECTIONS



Prepare the 9 x 13 inch cake according to the instructions on the package, let it cool completely and crumble the cake in a large bowl.



Add soft cream cheese and gently knead with your fingers until cream cheese is completely absorbed.



Roll about 1 full tablespoon of the mixture into balls and place on a baking sheet covered with parchment paper. You get around 35-40 balls. Put in the fridge to cool.



Melt white chocolate, remove cake balls from the refrigerator and dip them in a melted chocolate with a fork. Place one ball at a time in the melted chocolate, roll the ball evenly with the

chocolate, then lightly tap the side of the bowl with the fork to trim the excess chocolate and place the truffle on the baking paper. Put them back in the fridge until the chocolate is firm.



Melt dark chocolate, transfer it to a bag, cut off the corner and spray melted chocolate onto the truffles.



Store in the refrigerator.

NOURISH PER SERVINGS?

Calories 140 ; Fat 7g ; Carbs 18g ; Protein 2g

VANILLA CARAMEL TRUFFLE LATTE

TOTAL TIME: 18 mins SERVINGS: 50

INGREDIENTS



1 cup of water



1 cup of milk



2 cinnamon stick

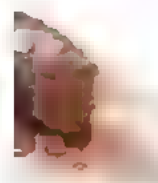


3 lipton vanilla caramel truffle pyramid tea bag



2 tablespoons sugar

DIRECTIONS



Bring water, milk and cinnamon only to the boil in a 1 quart pan. Remove from heat and add Lipton® Vanilla Caramel Truffle Pyramid Tea Bags. Brew 3 minutes; remove tea bags and squeeze, then cinnamon. Stir in the sugar and serve immediately.

NOURISH PER SERVINGS?

Calories 130 ; Fat 3g ; Carbs 20g ; Protein 6g

BOURBON TRUFFLES

PREP: 45 mins COOK: 15 mins SERVINGS: 18

INGREDIENTS



1/4 cup heavy cream



4 tablespoons unsalted butter



6 ounces of milk chocolate (minced)



6 ounces of semi-sweet chocolate (minced)



1/4 cup bourbon whiskey



Dutch cocoa powder process (for dusting)



12 ounces of semi-sweet chocolate (minced)



1/3 cup finely chopped pecans

DIRECTIONS



To make the filling, combine the cream and butter in a heavy saucepan over medium heat. Stir until the butter melts and the cream simmers. Remove from the heat. Add the milk chocolate and semi-sweet chocolate and stir until melted and smooth. Add the whiskey and pour into a bowl. Cover and freeze in about 40 minutes until it is firm enough to hop into a spoon.



Cover the bottom of a baking tray with aluminum foil. Scoop the filling out of tablespoons and drop them on the sheet, evenly distributed. Cover and freeze until almost firm yet pliable, about 30 minutes.



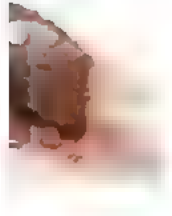
Spread the cocoa on a flat plate. Roll each chocolate pile between your palms into a smooth ball, then roll in cocoa to coat evenly. Put the truffles back on the tray and freeze them while you prepare the coating.



Cover a second baking sheet with aluminum foil to make the coating. Place the semi-sweet chocolate in the top pan of a double boiler or in a heat-resistant bowl. Place it over, but hardly touch simmering water in the bottom pan. Heat with regular stirring until melted and smooth. Remove from the heat.



Roll the truffles between your palms to remove loose cocoa. Carefully drop 1 truffle ball into the chocolate, tilt the pan if necessary to completely coat the ball. Slide a fork under the truffle, lift it out of the chocolate and gently tap the fork against the side of the pan to drip off any excess chocolate. Carefully slide the truffle from the fork onto the prepared baking sheet with a knife. Sprinkle generously immediately with the pecans. Repeat this with the remaining truffles.



Cool, uncovered, until firm, about 1 hour. Store in the refrigerator in an airtight container for up to 3 weeks. Makes about 18 truffles.

NOURISH PER SERVINGS?

Calories 250 ; Fat 17g ; Carbs 24g ; Protein 2g

WINTER WHITE CHOCOLATE TRUFFLES

TOTAL TIME: 45 mins SERVINGS: 4

INGREDIENTS



1/3 cup heavy cream



2 tablespoons coconut milk (the greasy part of the top of the can)



1 tablespoon unsalted butter



8 ounces of white chocolate



4 teaspoons coconut (finely ground dried, unsweetened, use a spice grinder if possible)



2 teaspoons lemon zest (finely chopped)



2 teaspoons limoncello



truffle (coating)



1/3 cup powdered sugar



3 tablespoons coconut (finely ground dried, unsweetened, use a sprice grinder if possible)



1 tablespoon lemon zest (finely chopped)



8 ounces of white chocolate



1 teaspoon crisco (if required)

DIRECTIONS



Heat the coconut milk and heavy cream in a small pan until there are bubbles to break the surface. Add the butter and stir until melted. Remove from heat and add the white chocolate, stirring until melted. Add the coconut, lemon zest and limoncello and stir to combine. Place in the freezer until it has hardened - it will not cure completely but will become workable.



While cooling your filling in the freezer, combine the first three coating ingredients in a shallow pan or on a plate.



When the filling is set sufficiently to retain its shape for a while, roll approximately 1 teaspoon of quantities into balls between your hands and roll in the coating. Place on a baking tray covered with baking paper and return to the freezer to cool again.



While the filling strengthens, slowly melt the white chocolate in a glass bowl over a small pan of warm water. If your chocolate is too thick, try to dilute it with a teaspoon of Crisco (thanks, drbabs!) Carefully lower the balls into the white chocolate with a fork and spread. They are lightning fast, so you want to be here fast. Return to the freezer until the chocolate is hard. If you

have mini muffin tins, I would use them for storing the truffles. They look cute and prevent them from bumping into each other.



Comments (several): although they taste better at room temperature, you want to keep them in the fridge for a while before serving. Moreover, looking back, I would be better served with a candy mold. Unfortunately, I don't have a candy form, so I made them this way. However, if you have one, I recommend using it. And last but not least, a big shout out to drbabs because they gave me the trick to dilute my white chocolate coating with a teaspoon of shortening - saved the day!

NOURISH PER SERVINGS?

Calories 810 ; Fat 53g ; Carbs 80g ; Protein 8g

PEANUT BUTTER CRUNCH TRUFFLES

PREP:20 mins COOK: 5 mins SERVINGS: 42

INGREDIENTS



2 cups of creamy peanut butter



1/2 cup butter (softened)



1/4 teaspoon of salt



3 1/2 cups powdered sugar



2 1/4 cups crispy rice cereal (divided)



Dip 16 ounces of chocolate

DIRECTIONS



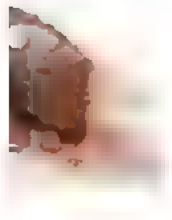
Beat with an electric mixer peanut butter and butter until a smooth mixture.



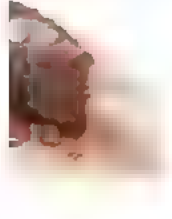
Mix in salt and then gradually mix powdered sugar until the mixture is smooth and easy to handle. Stir in 2 cups of crispy rice grain.



Form peanut butter mixture into 1 inch balls and place on a baking paper lined baking sheet. Cool for 30 minutes.



Meanwhile, melt chocolate in a microwave-safe bowl at 50% power, often stirring, until smooth. Crush the remaining 1/4 cup of crispy rice cereal.



Dip the peanut butter balls into the chocolate and return to a baking paper lined baking paper. Sprinkle each truffle with some of the ground breakfast cereals before the chocolate hardens. Store truffles in an airtight container.

NOURISH PER SERVINGS?

Calories 130 ; Fat 8g ; Carbs 12g ; Protein 3g

SWEET POTATO PIE TRUFFLES

PREP: 40 mins COOK: 50 mins SERVINGS: 12

INGREDIENTS



2 sweet potatoes (large, scrubbed)



1 ounce grated unsweetened coconut (fine)



1/4 cup unsalted pecans



1/4 cup pure maple syrup



1 teaspoon pure vanilla extract



1 teaspoon ground cinnamon



1/2 teaspoon ground nutmeg



1/2 teaspoon ground ginger



6 tablespoons coconut flour

DIRECTIONS



Preheat the oven to 425 ° F. Add potatoes on a foil-lined rimmed baking sheet. Bake, turn once, for 50 minutes, until fork-tender. Remove from the oven and let sit until it is sufficiently cool to handle.



Meanwhile, heat a small frying pan on medium. Add coconut and cook, stirring often, until roasted and light brown, about 4 minutes. Transfer to a shallow bowl or plate.



Halve the potatoes and scoop out the meat and discard the skin. Transfer the meat to a medium-sized bowl and puree with a potato masher.



Process pecans in a food processor into fine crumbs. Add 1 cup of mashed potatoes (save the remaining potato for another use) and maple syrup. Process until smooth and stop to scrape down the sides of the bowl. Add vanilla, cinnamon, nutmeg and ginger and process to combine. Gradually add flour and wrist to combine completely.



Scoop out the potato mixture in 1 tbsp steps and roll into balls. Transfer to coconut and roll to coat. Place on a baking sheet with baking paper and put in the fridge for at least 30 minutes. Store up to 3 days in an airtight container.

NOURISH PER SERVINGS?

Calories 70 ; Fat 3g ; Carbs 11g ; Protein 1g

COTTON CANDY OREO TRUFFLES

TOTAL TIME: 20 mins SERVINGS: 15

INGREDIENTS



20 OREO® cookies (cotton candy)



6 ounces of cream cheese (softened)

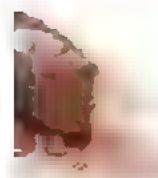


12 ounces of candy (blue Wilton, melt, or any brand, vanilla flavor)

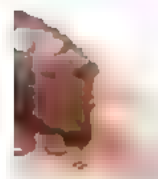


12 ounces of candy (pink Wilton, melt, or any brand, vanilla flavor)

DIRECTIONS



Place a long sheet of waxed paper on a baking sheet.



Place whole Oreos in a food processor and pulse until they are finely ground (if you don't have a food processor, you can put Oreos in a large Ziploc bag, seal the bag and grind with a rolling pin until they are finely ground).



Add pieces of cream cheese and pulse in the food processor until evenly moistened and form a "dough" and is fully combined.



Scoop the mixture out and shape it into 1 inch balls and align it on the prepared baking sheet. They will be messy - that's OK.



Place truffles in the freezer for about half an hour (or longer).



Melt chocolate according to the instructions on the package (if you use two colors, just melt the main color in which you immerse truffles). Don't scorch. If you work in the microwave, only do this at intervals of 20-30 seconds at half power, always stirring.



Remove the truffles from the freezer, shape them with your hands if necessary and dip them in melted chocolate with a fork (or two) or a toothpick, cover them evenly and drain off excess chocolate.



Return to the baking tray and let the chocolate harden.



If you use a second color, melt the chocolate as soon as the other chocolate is already on the truffles and sprinkle over the top as I did. I did this by filling a zip-loc bag with the melted blue chocolate, cutting it off the corner and "piping" on it.



Store covered in an airtight container in the refrigerator until ready to serve. These also freeze well.

NOURISH PER SERVINGS?

Calories 330 ; Fat 18g ; Carbs 39g ; Protein 5g

GREEK YOGURT TRUFFLES

TOTAL TIME: 45 mins SERVINGS: 8

INGREDIENTS



4 ounces white chocolate (real)



1/3 cup Chobani Greek Yogurt (plain 2%, unsweetened)



2 strawberries (hulled)



powdered sugar (optional:, or sparkling sugar for rolling)

DIRECTIONS



Chop the white chocolate into small pieces. Add it to a microwave-safe bowl and heat it in the microwave on LOW in 15-second pulses, stirring between each pulse. Do not let it get too hot, or it will seize. If it does seize, add a little yogurt and try again.



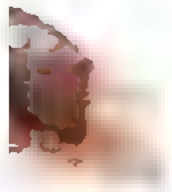
Stir the yogurt into the melted white chocolate. Chill the mixture in the fridge for 1 hour. Before proceeding, chop the strawberries into bite-size pieces.



Working quickly, scoop teaspoon-size balls of the white chocolate mixture. Roll it in your hands briefly to form a ball. Insert a piece of strawberry, and use extra white chocolate mixture to seal in the strawberry.



Optional: Roll the truffles in powdered sugar or sugar crystals.



Chill the truffles for 1 hour before serving, and store any uneaten truffles in the fridge.

NOURISH PER SERVINGS?

Calories 80 ; Fat 4.5g ; Carbs 10g ; Protein 1g

CHOCOLATE CANDIES

SOFTBATCH CREAM CHEESE CHOCOLATE CHIP COOKIES

PREP: 10 mins COOK: 8 mins SERVINGS: 14

INGREDIENTS



1/2 cup unsalted butter (softened)



1/4 cup cream cheese (softened, use cream cheese in a block or spreadable, do not use fat-free, light or whipped cream)



3/4 cup light brown sugar (packaged)



1/4 cup granulated sugar



1 large egg



2 teaspoons vanilla extract



2 1/4 cups all-purpose flour



2 teaspoons of cornflour



1 teaspoon baking powder



1/4 teaspoon of salt (optional and to taste)

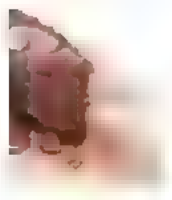


2 1/4 cups of semi-sweet chocolate chips (or chunks, I used 1 cup of chips and 1 1/4 cups of chunks)

DIRECTIONS



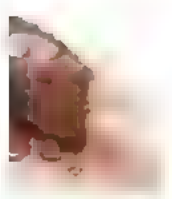
In the bowl of a kitchen mixer equipped with the paddle attachment, combine the butter, cream cheese (measure it by melting it in a 1/4 cup measuring cup), sugars, egg, vanilla and beat at medium speed until good cream, light and fluffy, about 5 minutes (or use an electric hand mixer and beat for at least 7 minutes).



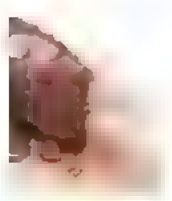
Stop, scrape along the sides of the bowl and add the flour, cornflour, baking powder, any salt and mix until about 1 minute.



Add chocolate chips and chunks and beat to pick up or fold by hand.



Shape with a medium-sized biscuit scoop of 2 inch large heaps (I made 28). Place hills on a large plate, lightly flatten the hills with your palm, cover them with plastic wrap and put them in the fridge for at least 2 hours or up to 5 days before you bake them. Do not bake with warm dough, because cookies spread and bake thinner and flatter.



Preheat the oven to 350F, cover a baking sheet with a Silpat non-stick baking mat or spray with cooking spray and place hills on a baking sheet at least 2 inches apart (I bake 8 cookies per sheet). Bake for 8 to 9 minutes, or until the edges have hardened and the tops are just starting to harden, even if something is not cooked, pale and shiny in the middle. Bake no

longer than 10 minutes, as cookies harden when they cool. Let cookies cool on the baking sheet for 5 minutes before you remove them and place on a rack to cool.



Cookies remain airtight for up to 1 week at room temperature, or for up to 3 months in the freezer. Alternatively, unbaked cookie dough can be stored airtight in the refrigerator for up to 5 days, so consider baking only as many cookies as desired and save the remaining dough to be baked in the future if desired.

NOURISH PER SERVINGS?

Calories 340 ; Fat 17g ; Carbs 48g ; Protein 4g

CHOCOLATE DIPPED SEAFOAM CANDY

TOTAL TIME: 35 mins SERVINGS: 4

INGREDIENTS



1/2 cup of brown sugar



1/2 cup of white sugar



1 cup light corn syrup



2 teaspoons baking powder (sieved)



1 bag of milk chocolate chips (for dipping)

DIRECTIONS



Sift the baking soda and set aside.



Spray a 9 x 13 pan with cooking spray. If you want your sea foam to be thick, use a 9 x 9 pan.



Mix sugars and syrup in a heavy-bottomed pan. Stir constantly until a candy thermometer reaches 285 degrees.



Remove from the burner and sprinkle the baking powder over it. Mix until incorporated, but do not mix. You don't want to make all the bubbles pop.



Pour into the pan and leave alone. Do not spread, it will make all the bubbles pop.



Break into chunky pieces and immerse in melted chocolate.



Place on wax paper to cool.

NOURISH PER SERVINGS?

Calories 410 ; Carbs 109g

CHOCOLATE CANDIES

PREP: 10 mins COOK: 1 mins SERVINGS: 6

INGREDIENTS



1 cup chocolate chips



1/2 cup peanuts (or use your favorite chopped nuts or trail mix)

DIRECTIONS



Pour the chocolate chips into a microwave safe bowl. Microwave the chocolate in 3 (30-second) intervals, stirring between each. When the chocolate is mostly melted, stop microwaving and stir until the last remaining chips have melted.



Pour the nuts or trail mix into the melted chocolate and stir.



Spoon out heaping tablespoon-sized clusters of the chocolate mixture onto a small baking sheet about 1-inch apart. Put them in the refrigerator to set for 15 minutes.



Store chocolate clusters in the refrigerator for up to 3 weeks.

NOURISH PER SERVINGS?

Calories 220 ; Fat 16g ; Carbs 22g ; Protein 5g

CHOCOLATE CHERRY CANDY CUPS

TOTAL TIME: 70 mins SERVINGS: 40

INGREDIENTS



4 ounces of cream cheese (at room temperature)



4 cups powdered sugar



3/4 teaspoon flavoring (cherry candy, I used the Wilton brand, from this set.)



6 drops of red dye



24 ounces of chocolate almond bark



4 ounces of bittersweet chocolate



sweets (red Sixlets, around 40)

DIRECTIONS



Beat cream cheese in a bowl of a kitchen mixer until it is completely smooth. Add powdered sugar and mix on low to incorporate. Then turn the speed to medium-high and beat until well incorporated. The mixture stays together and is quite thick. Add cherry flavor and red coloring. Mix until fully combined. Roll the cherry mixture into 1 " diameter balls and place on wax paper.



Carefully melt chocolate almond bark and bittersweet chocolate in a medium-sized bowl in the microwave, making sure it doesn't get too hot and sear. Microwave in short intervals, stirring in between. Let the chocolate rest while you place about 40 mini-cupcake paper liners on a rimmed baking pan. Stir the melted chocolate and then place a tablespoon of melted chocolate on the bottom of each of the six paper cupcake liners. Very carefully add a cherry ball to each cup and let it rest on the chocolate. Be careful not to press the ball against the bottom of the liner. Then cover each of the cherry balls with more melted chocolate. Finish by adding a Sixlets candy at the top of each cup. Repeat this process, making 6 cups at a time, until all chocolate candy cups are ready.



These can be made in advance and very well stored in the freezer, with greaseproof paper separating all layers. Allow to defrost for 20 to 30 minutes before serving.

NOURISH PER SERVINGS?

Calories 170 ; Fat 7g ; Carbs 25g ; Protein 2g

CHOCOLATE CANDY CANE CREAM PIES

PREP: 45 mins COOK: 12 mins SERVINGS: 72

INGREDIENTS



16 tablespoons butter (soft)



3/4 cup sugar



3/4 cup brown sugar



2 large eggs



1 teaspoon vanilla extract



1/2 teaspoon mint extract



2 cups of flour



1/4 cup cocoa powder



1 teaspoon baking powder



1/2 teaspoon of salt



8 cream cheese (softened)



8 tablespoons butter (soft)



1 1/2 cups powdered sugar



1/4 teaspoon mint extract



red dye (- I used 3-4 drops)



4 candy canes (crushed)

DIRECTIONS



Preheat your oven to 350 degrees. In a bowl of an electric mixer, beat the butter, sugar and brown sugar on medium speed until light and fluffy for a few minutes. Lower the speed to low and add one egg at a time, wipe the sides of the bowl between each addition. Add the vanilla and mint extract.



Add the flour, cocoa powder, baking powder and salt and mix at low speed until a cookie dough forms for about a minute. Scoop the cookie dough with a medium-sized cookie spoon into balls on a non-greased baking sheet and place them a few centimeters apart. I do about 6 cookies per standard size baking sheet.



Bake the cookies 11-12 minutes, or until the centers are just set. Immediately after the cookies come out of the oven, you can use a spatula to gently press the edges of the cookies into perfect circles if they are not. Allow the cookies to cool on the baking sheet for a few minutes before placing them on a rack to

cool completely. Repeat this until all the cookie dough has been used.

For the glaze:



In the bowl of an electric mixer, cream the cream cheese and butter together on medium speed until light and fluffy, about a few minutes. Reduce the speed to low and mix the powdered sugar into a smooth mixture. Mix the mint extract and the red dye until the desired color is achieved.

Assemble:



Once the cookies have cooled down completely, assemble the cream pies. Frost the bottom of half of the cookies with about a few tablespoons of frosting, not all the way to the edges of the cookies. Cover all matte bottoms with the rest of the cookies as "tops" and gently squeeze each cream cake together.



You can roll any cream cake into the crushed candy canes, or use your hands to sprinkle the crushed candy canes and gently press into the glaze on the sides. To enjoy!

NOURISH PER SERVINGS?

Calories 160 ; Fat 13g ; Carbs 11g ; Protein 2g

CHOCOLATE COCONUT MOUNDS CANDY

PREP: 29 mins COOK: 1 mins SERVINGS: 36

INGREDIENTS



1/2 cup vegan butter (melted)



2 cups powdered sugar (Organic)



3 cups unsweetened shredded coconut



16 ounces chocolate chips (package)

DIRECTIONS



Place a piece of wax-free paper in a baking tray (baking sheet). Put aside.



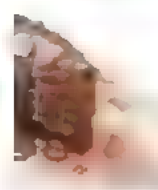
Melt the dairy-free butter in the microwave. It only takes a few seconds.



Mix the melted butter, powdered sugar and grated coconut in a large mixing bowl.



Roll in approximately 36 balls.



Place back in the large bowl and cool for about an hour. Until solid for rolling chocolate.



Melt the chocolate. You can use a microwave or above a hot water bath.



Roll each ball quickly into the chocolate and lift it with two forks. Place on the greaseproof paper that is on the baking sheet.



Fill the pan. You may need more. Do not try to touch them.



Place in the fridge when everything is ready so that the chocolate can harden.

NOURISH PER SERVINGS?

Calories 120 ; Fat 6g ; Carbs 18g ; Protein 1g

RAINBOW CHOCOLATE CANDIES

TOTAL TIME: 15 mins SERVINGS: 8

INGREDIENTS



8 ounces candy melts (chocolate, melted)



2 tablespoons chocolate chips (rainbow)

DIRECTIONS



In a bowl, combine melted chocolate and chocolate chips, stirring. Spoon into molds of your choice until full. Tap molds gently on counter to release air bubbles. Chill until set.



Gently remove candies from molds. Serve immediately or store in refrigerator in an airtight container.

NOURISH PER SERVINGS?

Calories 15 ; Fat 1g ; Carbs 2g ; Protein 0g

RASPBERRY CHOCOLATE MOLDED CANDY

PREP: 45 mins COOK: 5 mins SERVINGS: 15

INGREDIENTS



7 ounces of dark chocolate (55% -70%)



1/2 cup raspberries (fresh or frozen)



1 tablespoon sugar



1 tablespoon of water



2 tablespoons whipped cream



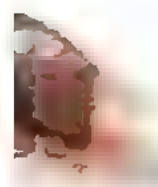
3 1/2 ounces of white chocolate



1 1/2 teaspoons of cocoa (beans)

DIRECTIONS

Prepare the raspberry filling.



Place raspberries, sugar and water in a small saucepan and bring to the boil. Let it cook for 1 to 2 minutes and remove from the heat. Sieve to remove the seeds. Put aside.

Prepare the white chocolate ganache.



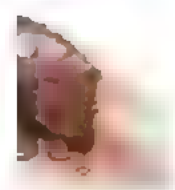
Put the heavy cream in a small saucepan and bring to the boil. Pour over the chocolate and stir until the chocolate melts. If it

does not melt completely, place it on a low heat source (such as simmering over the water for a minute until it melts completely).



Add cocoa nibs and stir to combine. At the end, add raspberry puree and stir gently to create a marble effect and stop. Set aside until you prepare the chocolate shells.

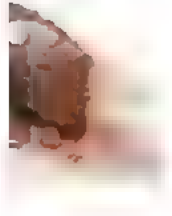
Temper chocolate for the sweets.



Divide the chocolate into 2 parts, 160 oz (5.5 oz) and 1.5 oz (40 g). Place the 5.5 oz (160 g) chocolate in a heat-resistant bowl and place over simmering water. Heat the chocolate until a thermometer indicates 105 -115 degrees F (40-45C) and then remove the bowl from the heat. Gradually add the 1.5 oz (40 g) chocolate to the melted chocolate and stir until a smooth mass reaches 30-31 ° C. This can take around 10 to 15 minutes. The chocolate is now ready for use (if the chocolate cools below 29 ° C, heat it again over simmering water until it does not reach more than 30-31 ° C).



Pour the chocolate into the chocolate molds, turn to cover all the shapes. Tap the mold to release any air bubbles inside. Turn the mold upside down over the chocolate bowl to release the chocolate and make the shells. Scrape off the excess with the help of a pastry scraper. Allow the chocolate to cool before adding the filling. (you can put the mold in the fridge for 20 minutes to speed up the process).



When the chocolate is hard add the filling to the chocolate shells.



Cover with chocolate and scrape off the excess with a dough scraper. Let cool, again you can put them in the fridge for 20 minutes to speed up the process.



Remove the sweets from the molds and serve.

NOURISH PER SERVINGS?

Calories 120 ; Fat 7g ; Carbs 13g ; Protein 1g

EASY AND DELICIOUS DOUBLE CHOCOLATE MUFFINS

TOTAL TIME: 45 mins SERVINGS: 50

INGREDIENTS



1/2 cup unsalted butter (softened, 115 g)



1/2 cup granulated sugar



1/4 cup light brown sugar (packaged)



1 teaspoon vanilla extract



2 large eggs



1/2 cup sour cream



1/4 cup of milk



1 1/4 cups all-purpose flour



1/2 cup of cocoa powder



1 teaspoon baking powder



1 teaspoon baking powder



1/2 teaspoon of salt



4 ounces of chocolate chips

DIRECTIONS



Preheat the oven to 375 ° F.



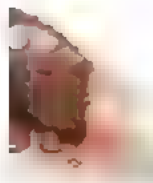
Cover a 12 cavity muffin pan with muffin linings.



In a large mixing bowl, use the butter, granulated sugar, brown sugar and vanilla extract to a smooth and combined cream.



Add the eggs and beat with the mixer for a minute until the mixture is pale and fluffy.



Add the sour cream and milk. Beat with the mixer until fully absorbed.



Put the flour, baking powder, baking powder, cocoa powder and salt in the bowl. Beat at medium-low speed until just combined. Be careful not to mix too much.



Add the chocolate chips to the batter. Fold in the batter with a rubber spatula to distribute evenly.



Spoon an equal amount of batter in each muffin liner.



Place the muffin pan in the oven and bake for 15-25 minutes.



Remove the muffin pan from the oven when a toothpick inserted into a muffin comes out clean.



Let muffins cool in the pan for 5 minutes and serve. Keep leftovers for 2 days at room temperature or for 3 days in the refrigerator.

NOURISH PER SERVINGS?

Calories 250 ; Fat 14g ; Carbs 32g ; Protein 4g

CANDIED ORANGES DIPPED IN CHOCOLATE

PREP: 20 mins COOK: 45 mins SERVINGS: 4

INGREDIENTS



1 orange (large, organic, 8 slices)



1 cup of water (250 ml)



1 cup granulated sugar (200 g)

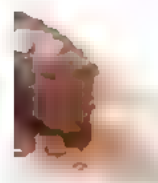


3 1/2 ounces of dark chocolate (70% cocoa content, 100 g)



coarse salt (optional :)

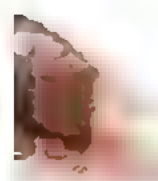
DIRECTIONS



Wash the orange thoroughly under running water and cut into thin slices (no more than 0.5 cm).

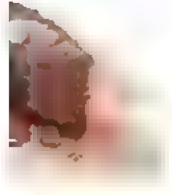


Heat the water and sugar in a large pan with a wide bottom until the sugar is dissolved. Add the orange slices and spread them out. Make sure that they do not completely cover each other, if possible (they will shrink a little while simmering, so don't worry if they overlap slightly).



Simmer for 40 minutes over low heat and turn over occasionally. Have the slices ready on a rack and let them cool completely. To speed up the cooling process, you can put them

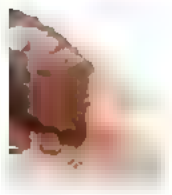
in the fridge for 10-15 minutes (or 10 minutes fridge + 5 minutes freezer).



To cover the chocolate slices: Melt the chocolate over a pan of boiling water. Dip half of each slice in chocolate and place them on a tray / cutting board covered with a sheet of aluminum foil.



Optional: sprinkle with salt.



Put them in the fridge or leave them in a cool place until they cure completely. This takes around an hour.

NOURISH PER SERVINGS?

Calories 182 ; Fat 5g ; Carbs 33g ; Protein 1g

IRISH CREAM AND CHOCOLATE CHEESECAKE

PREP: 2 hours COOK: 5 mins SERVINGS: 1

INGREDIENTS



7 tablespoons butter (/ 3½ oz)



9/16 pounds of digestive cookies (/ 8¾oz, crushed)



2 9/16 cups of cream cheese



1 11/16 tablespoons Baileys liqueur



6 3/4 tablespoons powdered sugar (/ 3½ oz)



1 1/4 cups double cream (/ 10½ oz, whipped cream)



3 1/2 ounces of grated chocolate (/ 3½ oz)



7/8 cup double cream (/ 7¼oz, whipped cream)



cocoa powder (to dust)

DIRECTIONS



Melt the butter in a pan and add the crushed digestive cookies. Mix well until the cookies have absorbed all butter.



Remove from heat and press on the bottom of a lined springform of 18 cm. Place in the fridge and let it stand for an

hour.



Meanwhile, prepare the filling. Lightly whip the cream cheese and whisk in the Irish cream and powdered sugar. Add the whipped cream and grated chocolate. Spoon the cookies evenly onto the cookies.



Cool and allow to harden for another two hours. Once set, remove and decorate with whipped cream and cocoa powder sprinkled over the top. Serve.

CHOCOLATE COCONUT ALMOND CANDY

TOTAL TIME: 45 mins SERVINGS: 35

INGREDIENTS



1 3/4 cups confectioner's sugar



1 3/4 cups coconut flakes



1 cup planed almonds



1/2 cup sweetened condensed milk



2 cups of semi-sweet chocolate chips (bag of 12 oz.)



1 1/2 tablespoons shortening

DIRECTIONS



Combine the confectioner's sugar, coconut, almonds and sweetened condensed milk. Form into 1 inch balls and refrigerate until firm - about 30 minutes.



Melt the chocolate chips and bake them in a double boiler until they are smooth. Dip the balls into the chocolate and let the excess moisture drip off. Place them on wax paper to set up (to set them up faster, place them in the fridge for about 15 minutes). Sprinkle lightly with coconut before they harden if you want them to look "snowy"!

NOURISH PER SERVINGS?

Calories 130 ; Fat 7g ; Carbs 17g ; Protein 2g

CHOCOLATE CASHEW SWIRL HEART CANDY

PREP: 5 mins COOK: 30 mins SERVINGS: 12

INGREDIENTS



1 cup of dark chocolate chips (Enjoy Life)



3 tablespoons extra virgin coconut oil



3 tablespoons cashew butter (soft, any smooth nut butter that you like works)



3 tablespoons coconut oil



1 tablespoon raw honey (or pure maple syrup for vegan)



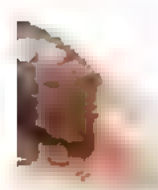
1/4 cup cashew butter (smooth, again any smooth nut butter is good!)



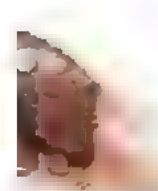
1 teaspoon pure vanilla extract

DIRECTIONS

First make the chocolate layer:



Melt the coconut oil and chocolate chips in a small saucepan over low heat and stir until melted and smooth



Add the cashew butter and stir until a smooth and creamy mixture



Fill your silicone heart shape (or cupcake liner) about halfway for each cup. Place the chocolate in the freezer or refrigerator while you make the second layer.

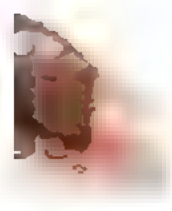
For the Cashew Butter layer



In another small saucepan, melt the 2nd 3 tablespoons of coconut oil and honey together on a very low heat while stirring. Add the cashew butter and stir until smooth. Remove from heat and stir in the vanilla.



Take the form or coated cupcake pan out of the freezer and carefully scoop a little of the cashew-butter-honey mix into each heart over the chocolate. Take a toothpick and carefully turn the cashew layer into the chocolate (have fun with the designs!)



Place in the freezer until it is completely set and remove it from the freezer. You must be able to make any chocolate easily pop out of the mold or cupcake liners



Serve and enjoy! Keep leftovers in the freezer or refrigerator to keep them sturdy. The chocolate layer will be hard and the cashew layer creamier.

NOURISH PER SERVINGS?

Calories 200 ; Fat 16g ; Carbs 13g ; Protein 2g

SALTED CHOCOLATE DIVINITY CANDY

TOTAL TIME: 55 mins SERVINGS: 36

INGREDIENTS



4 ounces of semi-sweet chocolate (minced meat)



1/2 cup of water



2 cups of sugar



1/2 cup white corn syrup



2 large proteins



1/4 teaspoon of fine sea salt



1 teaspoon pure vanilla extract



1 1/2 teaspoons of salt (flakes of Maldon, crystals)

DIRECTIONS



Lightly coat a large baking sheet with baking paper and grease. Put aside.



Melt the chocolate in a bowl that rests on a pan of barely boiling water and stir until smooth. Put aside.



Bring water, sugar and corn syrup to the boil over high heat without stirring. Use a candy thermometer to measure the temperature and boil sugar up to 124 ° C (255 ° F), occasionally brushing the sides of the jar with water.



While the sugar is boiling, beat egg whites and salt with electric beaters or in the bowl of a standing mixer until it is foamy. When the sugar is up to temperature, carefully pour the hot sugar in while the eggs are beating at medium-high speed (it is best to pour the sugar along the side of the bowl - it slides to the bottom and is picked up by the beaters without splashing). Beat until high, shiny, thick and cool, about 7 minutes. Melted chocolate and vanilla and whisk until absorbed. Drop candy into tablespoons-sized dolls on prepared baking sheet using 2 tablespoons dipped in warm water. Sprinkle sweets with sea salt and let stand for 2 hours before you package it in an airtight container. Divinity candies can be stored at room temperature for up to a week.

NOURISH PER SERVINGS?

Calories 70 ; Fat 1g ; Carbs 16g ; Protein 0g

CHOCOLATE POMEGRANATE HEART CANDIES

PREP: 5 mins COOK: 10 mins SERVINGS: 15

INGREDIENTS

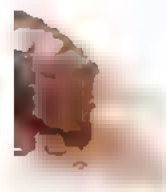


8 ounces sweet baking chocolate (Bitter, I used Ghirardelli 70% Cacao Extra Bittersweet Chocolate Baking Bar)

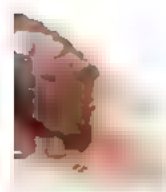


1/4 cup pomegranate arils (Seeds)

DIRECTIONS



Chop the baking rod into small pieces. Pat the pomegranate roots / seeds dry between two sheets of kitchen paper. The pomegranate roots / seeds must be completely dry.



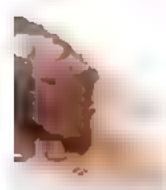
Add the chopped chocolate pieces to a double boiler, stirring constantly, until they are completely melted.



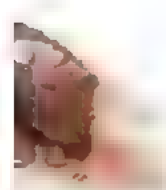
Add a teaspoon of melted chocolate to each cavity of your silicone mold.



Then add a teaspoon of pomegranate arils on top of the melted chocolates in each cavity.



Fill the rest of the cavity with more melted chocolate. Tap to level.



Cool the filled silicone mold for about an hour or until the chocolate is firm. You can also freeze it for about half an hour.



Take it out of shape and enjoy it. Keep the leftovers, covered or wrapped in plastic wrap, in the refrigerator.

NOURISH PER SERVINGS?

Calories 80 ; Fat 8g ; Carbs 5g ; Protein 2g

COPYCAT CHOCOLATE MOUNDS CANDY

PREP: 29 mins COOK: 1 mins SERVINGS: 36

INGREDIENTS



1/2 cup dairy-free butter (melted)



2 cups powdered sugar (organic)



3 cups grated coconut (unsweetened)



16 ounces of semi-sweet chocolate chips

DIRECTIONS



Place a piece of wax-free paper in a baking tray (baking sheet). Put aside.



Melt the dairy-free butter in the microwave. It only takes a few seconds.



Mix the melted butter, powdered sugar and grated coconut in a large mixing bowl.



Roll in approximately 36 balls.



Place back in the large bowl and cool for about an hour. Until solid for rolling chocolate.



Melt the chocolate. You can use a microwave or above a hot water bath.



Roll each ball quickly into the chocolate and lift it with two forks. Place on the greaseproof paper that is on the baking sheet.



Fill the pan. You may need more. Do not try to touch them.



Place in the fridge when everything is ready so that the chocolate can harden.

NOURISH PER SERVINGS?

Calories 1070 ; Fat 52g ; Carbs 166g ; Protein 6g

CHOCOLATE CANDY COOKIES

PREP: 45 mins COOK: 9 mins SERVINGS: 12

INGREDIENTS



1 chocolate cake mix



8 tablespoons butter (melted)



1 egg



4 ounces of cream cheese (softened)

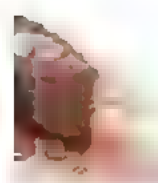


1 cup butter finger (bits)

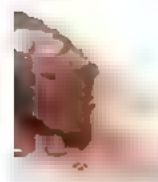


1 1/4 cups m & m (mini, s, divided)

DIRECTIONS



Combine the dry cake mix, butter and egg and mix until a soft dough forms. Add the cream cheese and beat again until everything is well mixed. Stir in the Butterfinger pieces and 1 cup of mini M & Ms. Cool for 30 minutes to an hour.



Roll the dough into 24 equal balls. Press the remaining mini M & M's around the dough balls.



Bake at 350 degrees for 9-10 minutes. No more baking. Allow to cool for 2 minutes on the baking sheet and then remove it on

a sheet of parchment on the counter. Cool completely. Store in a tightly closed container. Makes 24 cookies.

NOURISH PER SERVINGS?

Calories 290 ; Fat 19g ; Carbs 28g ; Protein 3g

FIVE INGREDIENT MINT CHOCOLATE CANDY

PREP:30 mins SERVINGS: 24

INGREDIENTS



2 pounds of powdered sugar (bag)



1 can of condensed milk



1 stick unsalted butter (1/2 cup, melted)



mint (and / or peppermint extract, to taste)



food colorant



milk chocolate (choice, melted)

DIRECTIONS



Mix the powdered sugar, sweetened condensed milk and melted butter. The mixture will be thick. After the dough comes together, I actually like to use my hands to keep kneading the dough in the bowl or in my hands (it is too sticky for the counter) until the dough becomes shiny and almost gummy.



If you want to use both mint and peppermint extract, divide the powdered sugar, milk and butter mixture into two bowls. Then add mint extract to one and peppermint to the other. Mix until the aroma is completely absorbed. I start with 1/4 teaspoon of the extract and add from there if necessary! I ended up using

about 1/2 teaspoon - 1 teaspoon. You can also add colorant. I use green for the mint coins (ha!) And red for the peppermint taste! Feel free to mix it with your hands in the bowl ... it's much easier than trying to use a spoon. Be careful how much you mix, as the heat from your hands can make it too sticky.



Scoop or roll into balls, place them on a baking tray covered with wax or baking paper and freeze until they are hard. As always I used my cookie spoon, but feel free to roll free! After they have hardened, immerse in melted chocolate and freeze it again until the chocolate has hardened. Store in plastic bags in the freezer.

NOURISH PER SERVINGS?

Calories 238 ; Fat 6g ; Carbs 47g ; Protein 1g

CHOCOLATE HONEYCOMB CANDY

TOTAL TIME: 40 mins SERVINGS: 30

INGREDIENTS



2 tablespoons of water



3 tablespoons honey



1/2 cup of brown sugar



3 tablespoons light corn syrup



1 teaspoon vanilla



1 teaspoon baking powder



1/2 bag of semi-sweet chocolate chips

DIRECTIONS



Add water, honey, brown sugar and corn syrup to a medium saucepan.

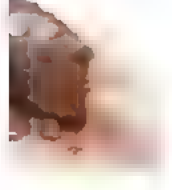


Place a candy thermometer in the jar (make sure it does not touch the side or bottom of the pan) and bring the mixture to the boil, stirring constantly.

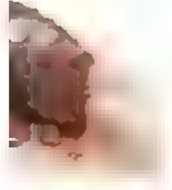


Stir until it reaches 300 degrees. This takes about 10-15 minutes, but as soon as it hits around 275 degrees, it goes very

quickly to 300, so make sure you don't keep your eyes off.



As soon as it reaches 300 degrees, remove from the heat and stir in vanilla and baking powder.



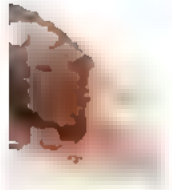
Pour immediately onto a greased piece of greaseproof paper or a silicone baking mat.



Pour chocolate chips on top and spread on top with a rubber spatula.



Place in refrigerator until the chocolate is hard.



Break into pieces.

NOURISH PER SERVINGS?

Calories 20 ; Carbs 60g ; Protein 0g

CHOCOLATE PEANUT CANDY CLUSTERS

PREP: 30 mins COOK: 5 mins SERVINGS: 48

INGREDIENTS



1 pound powdered sugar (about 3 1/2 cups unsieved)



2/3 cup sweetened condensed milk



3/4 teaspoon vanilla extract



1/2 teaspoon almond extract



2 cups of chocolate chips (semi-sweet)



2 cups of butterscotch chips



16 ounces of peanuts (minced meat)

DIRECTIONS



Combine powdered sugar, sweetened condensed milk and flavourings in a large bowl. Mix thoroughly, use hands to mix well.

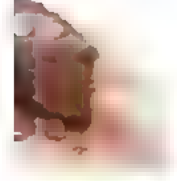


Roll the mixture between two sheets of plastic wrap to form a 13-by-9-inch rectangle.

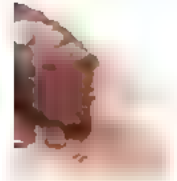


Place the rolled fondant on a rimless baking tray and place in the refrigerator until it has cooled down and hardened. I put it in

the freezer for about 15 minutes.



Meanwhile, melt the chocolate and butterscotch pieces in the top of the double boiler over hot water. Stir in the chopped peanuts.



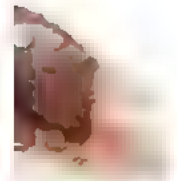
Spread half of the chocolate mixture on the bottom of a 9 by 13 by 2 inch buttered frying pan. Carefully place the cooled fondant layer over the chocolate peanut layer.



Spread the remaining chocolate mixture on the fondant layer. Cool to firm.



Leave it at room temperature for about 10 minutes before cutting. Cut into small squares or bars (approximately 1 1/2-inch).



Store in an airtight container in the refrigerator separated with sheets of wax paper.

NOURISH PER SERVINGS?

Calories 180 ; Fat 9g ; Carbs 23g ; Protein 3g

DARK CHOCOLATE MINT CANDY

TOTAL TIME: 50 mins SERVINGS: 4

INGREDIENTS



2 cups of dark chocolate chips



4 ounces of white chocolate



2 ounces of vanilla almond bark



14 ounces of condensed milk (divided)



2 teaspoons pure vanilla extract



1 tablespoon peppermint extract

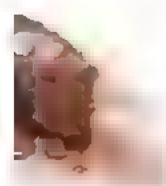


5 drops of green dye (optional)

DIRECTIONS



Melt dark chocolate with 1 cup of condensed milk. Stir in the vanilla. Spread in greaseproof paper lined 8 × 8 pan (or on baking sheet). Place in the fridge to cool (about 15 minutes). Keep the remaining chocolate at room temperature. Melt white chocolate, bark and remaining condensed milk. Stir the peppermint and green dye, if used.



Spread over chilled dark chocolate. Cool for 15 minutes. Spread the remaining chocolate (if necessary, heat according to

the instructions on the bag or box) over the mint layer. Place back in the fridge for 2 hours to one night. Cut into pieces.

NOURISH PER SERVINGS?

Calories 1030 ; Fat 50g ; Carbs 130g ; Protein 15g

MARSHMALLOWS

MARSHMALLOW GLAZE

TOTAL TIME: 20 MINS SERVINGS: 1

INGREDIENTS



1 1/2 cups confectioners' sugar



1 teaspoon vanilla extract



1/8 teaspoon kosher salt



3 tablespoons unsalted butter



2 cups mini marshmallows

DIRECTIONS



Mix sugar, vanilla, and salt in a bowl. Melt butter and ¼ cup water in a 2-qt. Non-stick pan over medium-high heat.



Add marshmallows; stir until completely melted, 1–2 minutes.



Whisk into sugar mixture.

MARSHMALLOW BLONDIES

PREP: 10 mins COOK: 20 mins SERVINGS: 4

INGREDIENTS



1/4 cup butter



1/2 cup of butterscotch chips



3/4 cup flour



1/2 teaspoon of salt



1 teaspoon baking powder



3/4 cup light brown sugar (packaged)



1 egg



1 teaspoon vanilla



1 cup of mini marshmallows



3/4 cup white chocolate chips

DIRECTIONS



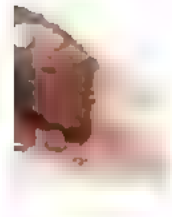
Preheat the oven to 350 ° C. Line 8 × 8 or 11 × 7 baking dish with foil. Spray with cooking spray and set aside.



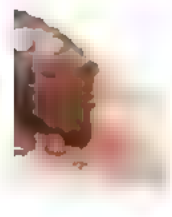
Melt the butterscotch chips and butter in a small saucepan, reserved separately for cooling.



In a large bowl, beat flour, salt, baking powder and brown sugar. Stir the butterscotch mixture until the mixture is dry.



Stir the egg and vanilla until smooth.



Add marshmallow and white chips.



Spread the batter in the prepared pan and bake for 20 minutes until the center is just set.



Allow to cool completely before cutting into squares.

NOURISH PER SERVINGS?

Calories 142; Fat 4.6g ; Carbs 23.9g ; Protein 1.4g

CANDIED YAMS WITH MARSHMALLOWS

PREP:15 mins **COOK:** 80 mins **SERVINGS:** 8

INGREDIENTS



4 pounds of sweet potatoes (orange meat)



2/3 cup brown sugar (packaged, light or dark)



6 tablespoons butter



1 teaspoon ground cinnamon



1/2 teaspoon of salt



1 dash of ground nutmeg



1 dash of ground ginger



1 teaspoon vanilla extract



4 cups of miniature marshmallows (more or less to cover)

DIRECTIONS



Preheat the oven to 375 F. Butter a 9-by-13-by-2-inch frying pan or shallow 3-quarter oven dish.



Peel the sweet potatoes and cut into 3/4-inch cubes. You must have about 10 to 12 cups when you're done. Place the sweet

potato cubes in the prepared baking tin.



Combine the brown sugar, butter, cinnamon, salt, nutmeg and ginger in a pan and place over medium heat. Bring the mixture to the boil; stir until the butter is melted and sugar is dissolved. Stir the vanilla extract into the sauce mixture.



Pour the sugar and butter mixture evenly over the sweet potatoes.



Cover the baking pan well with foil and bake for 45 minutes. Reveal the sweet potatoes and stir them gently to cover them with the liquid. Continue to fry, stirring occasionally, for about 30 minutes, or until the potatoes are soft and the liquid is viscous.



Remove the baking pan in a rack and raise the oven temperature to 450 F. When the oven has reached 450 F, cover the sweet potatoes with the miniature marshmallows. Return the pan to the oven and bake for about 3 to 5 minutes, or until the marshmallows are partially melted and golden brown.

MARSHMALLOW BROWNIES

TOTAL TIME: 40 mins SERVINGS: 12

INGREDIENTS



1 brownie mix (9 x 13 boxes)



mini marshmallows



1/2 cup butter



4 tablespoons unsweetened cocoa powder



3 tablespoons milk



3 tablespoons water



3 1/2 cups confectioner's sugar



1 teaspoon vanilla extract

DIRECTIONS



Prepare the brownie mix according to the instructions on the package for CAKE LIKE brownies. Bake according to the instructions on the package.

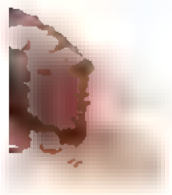


When the brownies are done, cover them with a layer of mini-marshmallows and put them back in the oven for a few minutes

until the marshmallows are nice and swollen. Cool brownies and top with frosting recipe below.



For the frosting: Bring 1/2 cup of butter, cocoa, milk and water to the boil. Remove from the heat.



Add powdered sugar and vanilla while it is still hot. Beat well. Pour frosting over brownies while the frosting is still hot. Let cool. Once cooled, the best way to cut the brownies is with a plastic knife. Makes 12-16 portions.

NOURISH PER SERVINGS?

Calories 430 ; Fat 16g ; Carbs 76g ; Protein 3g

MARSHMALLOW PIE

PREP: 10 mins COOK: 10 mins SERVINGS: 8

INGREDIENTS



4 cups of mini marshmallows



1 cup of milk



2 cups whipped cream



4 squares of semi-sweet chocolate (grated)



18 graham crackers (crushed)



1/4 cup butter (melted)

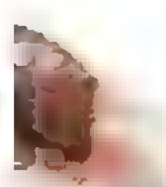
DIRECTIONS



Add marshmallows and milk to a pan over low heat. Stir constantly until the marshmallows are melted. Allow to cool while you prepare the rest of the recipe.



Beat whipped cream with an electric mixer to form soft spikes. Fold in a marshmallow mixture.



Mix the crumbs of the graham cracker, chocolate and butter in a bowl. Press 1/2 of the mixture onto the bottom of a 9-inch cake pan.



Spread the marshmallow mixture in a pie dish. Top with remaining graham cracker crumbs mixture.



Cool in the fridge for 8 hours or a night.

NOURISH PER SERVINGS?

Calories 540 ; Fat 23g ; Carbs 82g ; Protein 2g

MARSHMALLOW PUMPKIN PIE

PREP: 15 mins COOK: 8 mins SERVINGS: 8

INGREDIENTS



25 gingersnap cookies (crushed cookies)



4 tablespoons unsalted butter (melted)



10 1/2 ounces of marshmallows (Campfire Mini White)



1 cup pumpkin puree (pure can)



1 1/2 teaspoons pumpkin pie herb



1 1/2 teaspoons pure vanilla extract



8 ounces of frozen whipped cream topping (thawed)

DIRECTIONS



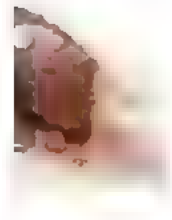
Preheat the oven to 350 ° F. Lightly spray a 9-inch spring form with non-stick cooking spray. Put aside.



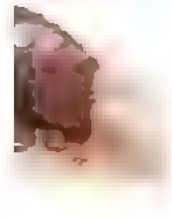
In a medium bowl, stir together the crushed gingersnap cookies and melted butter until well blended.



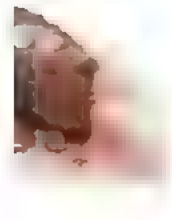
Press the crumbs into the bottom and about 1 inch on the sides of the prepared springform.



Bake the crust of the gingersnap in the preheated oven for 8 minutes. Remove the pan from the oven and let cool completely.



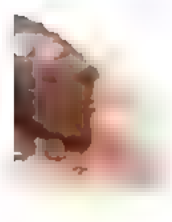
Stir the mini marshmallows, pumpkin puree and pumpkin pie herb in a large non-stick pan over low heat.



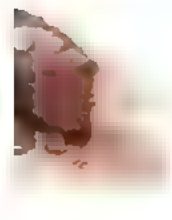
Melt marshmallows with constant stirring until the mixture is smooth. Remove from heat and let cool to room temperature.



Stir in the vanilla extract and add the whipped cream until no streaks remain.



Spoon the pumpkin-marshmallow mixture into the chilled gingersnap crust and spread evenly. Allow to cool for at least 3 hours or a night.



For serving, top with extra whipped cream topping and gingersnap cookie crumbs.

NOURISH PER SERVINGS?

Calories 250 ; Fat 9g ; Carbs 40g ; Protein 2g

MARSHMALLOW BUTTERCREAM

PREP:5 mins SERVINGS: 2

INGREDIENTS



7 ounces of Marshmallow Fluff (everywhere around 7oz is fine, brands can vary)



1 cup of powdered sugar



1 cup of butter (real, at room temperature)



1 teaspoon vanilla extract (optional)

DIRECTIONS



Beat the butter light and fluffy, add sugar and vanilla and keep beating. Add marshmallow fluff and beat for 1-2 minutes at medium speed until smooth and fluffy.

NOURISH PER SERVINGS?

Calories 1370 ; Fat 92g ; Carbs 139g ; Protein 2g

FRUITY PEBBLES MARSHMALLOW TREATS

TOTAL TIME: 20 mins SERVINGS: 4

INGREDIENTS



10 ounces marshmallows



5 tablespoons butter



5 1/2 cups Fruity Pebbles Cereal



1 cup miniature marshmallows

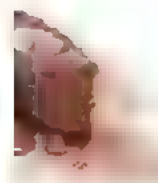
DIRECTIONS



Butter an 8X8 (for thicker) or 9×9 (for thinner) pan. Set aside.



Melt butter and marshmallows in a large pan over low heat, stirring often. When marshmallows are almost melted, remove from heat and continue stirring until completely melted. Add 1 cup miniature marshmallows and Fruity Pebbles cereal. Stir until well combined.



Pour into prepared pan and press the mixture evenly into the pan. Let cool before cutting.

NOURISH PER SERVINGS?

Calories 470 ; Fat 14g ; Carbs 87g ; Protein 2g

MARSHMALLOW CUPCAKES

PREP: 40 mins COOK: 25 mins SERVINGS: 24

INGREDIENTS



17 1/2 ounce dark chocolate



3 1/2 sticks unsalted butter (softened)



3 large eggs (beaten)



1 1/2 teaspoons pure vanilla extract



1/2 teaspoon of salt



2 1/2 cups of flour



2 cups of granulated sugar



1 1/2 teaspoons baking powder



1 tablespoon glucose syrup



1 cup confectioner's sugar



7 1/2 ounces of marshmallow cream

DIRECTIONS



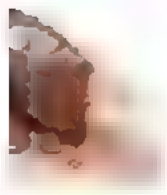
Preheat the oven to 350 degrees. Cover two muffin pans with baking tins. Chop 3 chocolate bars and place in a small bowl. Chop the remaining 2 chocolate bars and place in another small bowl. In a large pan, melt 2 sticks of butter in 2 1/4 cups of water, often stirring, over medium heat. Remove from heat and beat in 3 chopped chocolate bars until melted. Beat the eggs, vanilla and 1/2 teaspoon of salt. Beat the flour, granulated sugar and baking powder. Divide the batter between the muffin cups and fill every three quarters full. Bake until the muffins jump back when gently pressed, about 25 minutes. Allow to cool completely and then remove from the pans.



Combine the remaining 2 chopped chocolate bars, 1 1/2 butter and the corn syrup in a medium bowl; microwave on medium power for 1 minute. Stir and microwave for 1 minute at medium power. Stir until smooth.



Dip the top of each cupcake into the chocolate icing and place it with the right side up on a cooling rack. Dip each cupcake twice more. Let stand until the glaze is set, about 1 hour.



Beat the remaining 4 tablespoons of butter, the sugar of the confectioners and the remaining 1/8 teaspoon of salt at high speed with an electric mixer until they are fluffy. Add the marshmallow cream and mix on medium speed. Transfer to a

piping bag with a small tip. Decorate the cupcakes with a zigzag design or blob with a spoon.

NOURISH PER SERVINGS?

Calories 400 ; Fat 21g ; Carbs 52g ; Protein 3g

MARSHMALLOW FUDGE

TOTAL TIME: 30 mins SERVINGS: 64

INGREDIENTS



4 ounces of non-fat sweetened condensed milk



12 ounces of semi-sweet chocolate chips



1 teaspoon vanilla extract



1 cup of mini marshmallows

DIRECTIONS



Use a paper towel to grease an 8x8x2-inch pan of butter - on the sides and bottom. Put aside.



Combine the sweetened condensed milk and chocolate chips in a saucepan. Heat the mixture over low heat, stirring constantly, until the chocolate is completely melted. Once the mixture is smooth, remove the pan from the heat.



Stir in the vanilla extract until completely combined. Add the marshmallows and stir just enough to enclose them in the fudge mixture - but over stir, the marshmallows melt in if you stir too long.



Pour the fudge into the prepared pan and smooth the top slightly. Can be set cool, 1 1/2 hours or more. Once set, cut

them into 1-inch squares and devour them.

NOURISH PER SERVINGS?

Calories 50 ; Fat 1.5g ; Carbs 9g ; Protein 1g

EASY MARSHMALLOW FROSTING

PREP: 5 mins COOK: 5 mins SERVINGS: 12

INGREDIENTS



1/2 cup butter room temperature



7 oz Marshmallow Fluff

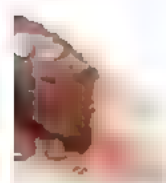


1 cup powdered sugar

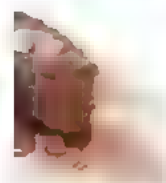


1 tsp vanilla extract

DIRECTIONS



Beat butter and powdered sugar until fluffy and well mixed.



Mix in fluff and vanilla by hand and mix well.



Add to piping bag and pipe onto cupcakes.

NOURISH PER SERVINGS?

Calories 79 ; Fat 3g ; Carbs 12g ; Protein 0g

MARSHMALLOW WHIP CHEESECAKE

TOTAL TIME: 30 mins SERVINGS: 4

INGREDIENTS



40 squares of graham crackers (crushed)



1/2 cup of sugar



1/2 cup butter (or margarine, melted)



10 1/2 ounce large marshmallows (40 marshmallows)



3/4 cup of milk



8 ounces of cream cheese (packages of)



12 ounces of cool whip (container without fat)

DIRECTIONS



Melt marshmallows and milk over low heat. Beat cream cheese; add marshmallow mixture. Cool. Fold in Cool Whip.



Spread into crust and sprinkle with remaining graham cracker crust. Refrigerate until set.

NOURISH PER SERVINGS?

Calories 1250 ; Fat 61g ; Carbs 165g ; Protein 15g

BISCOFF MARSHMALLOW CRESCENTS

TOTAL TIME: 40 mins SERVINGS: 8

INGREDIENTS



1 half-moon rolls (8 counting rolls)



8 tablespoons Biscoff (spread)



80 mini marshmallows



2 tablespoons melted butter



2 tablespoons granulated sugar



1/2 teaspoon of ground cinnamon

DIRECTIONS



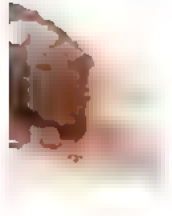
Preheat the oven to 350 degrees F. and cover a large baking sheet with a silpat lining or parchment paper.



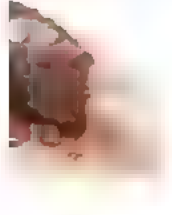
Roll out half-moons in 8 triangles on prepared baking sheet. Place 1 tablespoon of Biscoff spread on the center of the wide end of the triangle.



Top Biscoff with about 10 mini marshmallows and then roll up the crescent, starting at the wide biscoff marshmallow end. Space each half-moon about 1 1/2 inches apart. Brush melted butter over every half-moon with a dough brush.



Mix the sugar and cinnamon and sprinkle evenly over the half-moons. Bake for 15-17 minutes, until golden brown. Marshmallows will seep everywhere.



Once out of the oven, take a plastic knife and return warm, moist marshmallow around every half-moon. Allow to cool for 10 minutes and serve warm.

NOURISH PER SERVINGS?

Calories 290 ; Fat 4g ; Carbs 64g ; Protein 2g

MARSHMALLOWS AND OREO MUFFINS

TOTAL TIME: 50 mins SERVINGS: 17

INGREDIENTS



1 5/8 cups of flour



1 teaspoon baking powder



5/8 cup unsalted butter (softened)



1 1/16 cup of brown sugar



3 eggs



1 3/8 cups of OREO® cookies



1 OREO® cookies (pack mini)



mini marshmallows (to taste)

DIRECTIONS



Preheat the oven to 180 degrees Celsius.



Sift together the flour and baking powder.



Beat butter (room temperature) with sugar, then add the eggs one by one and keep beating.



Beat in the flour mixture.



Place an oreo cookie and a few marshmallows on the bottom of the cupcake liners, fill them with 2/3 full liners.



Put some marshmallows and mini oreos on the dough.



Bake for 30 minutes or until golden brown.

NOURISH PER SERVINGS?

Calories 180 ; Fat 9g ; Carbs 22g ; Protein 3g

OREO MARSHMALLOW BROWNIES

PREP: 15 mins COOK: 28 mins SERVINGS: 20

INGREDIENTS



1 brownie mix



16 ore (broken into quarters)



1 cup of Marshmallow Fluff



1 bag of chocolate (Kraft jet puffed, covered mallow bites, frozen)



4 Oreos (crushed)

DIRECTIONS



Preheat the oven to 350 degrees. Cover a 9x13 baking pan with foil and spray with baking spray with non-stick coating.



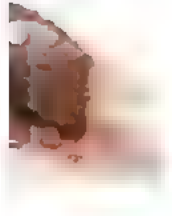
Make the brownie mix according to the instructions on the package. Spread 1/2 the batter in the prepared pan.



Drop the marshmallow fluff with spoons over the brownie batter. Use a knife to gently swirl.



Sprinkle the Oreo cookies over the top.



Divide the remaining brownie batter over the top. Try to cover everything if possible. Sprinkle the chocolate chips and cookie crumbs over it. Bake for 28-30 minutes. Cool completely. Cut into 24 squares.

NOURISH PER SERVINGS?

Calories 101 ; Fat 4g ; Carbs 15g ; Protein 1g

PEPPERMINT PRETZEL MARSHMALLOW FUDGE

TOTAL TIME: 40 mins SERVINGS: 4

INGREDIENTS



1/2 cup unsalted butter (melted)



2 cups dark brown sugar (packed)



2 cups of granulated sugar



1/2 cup light glucose syrup



1 cup half and half



1/2 teaspoon of sea salt



10 ounces of bittersweet chocolate chips



2 teaspoons pure vanilla extract



2 1/2 cups of mini marshmallows



1/2 cup ground peppermint candy

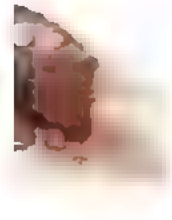


1 cup of ground pretzels

DIRECTIONS



Lightly spray a 9x13-inch baking pan with non-stick cooking spray. Cover with parchment paper and lightly grease the parchment paper. Sprinkle the bottom of the pan with 1 cup of mini marshmallows, half of the peppermint candy and half of the pretzel pieces.



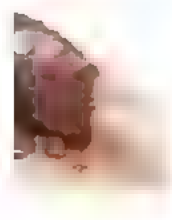
In a medium, heavy-bottomed pan, stir in butter, brown sugar, granulated sugar, corn syrup, salt and half, and sea salt over medium heat.



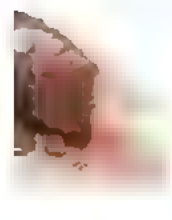
Bring the mixture to the boil and reduce the heat. Simmer for three minutes, stirring occasionally.



Add the chocolate chips and stir until completely melted and combined. The mixture will still simmer while you stir in the chocolate, so be careful!



Clip a candy thermometer on the edge of the jar and watch the mixture reach 234 degrees F. It is not necessary to stir the mixture when it reaches the right temperature.



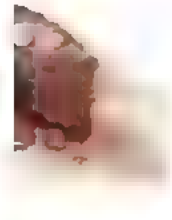
Once the mixture reaches 234 degrees F, remove from heat and let cool for 10 minutes.



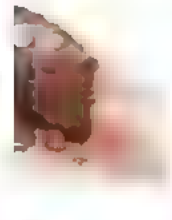
Add vanilla extract and 1/2 cup of mini marshmallows to the still hot chocolate cake. Beat the mixture using electric hand beaters until marshmallows are completely melted and combined, about 3 minutes.



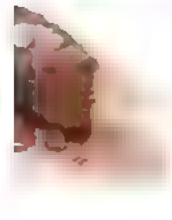
While the mixture is still warm, pour it over the marshmallows, peppermint and pretzels in the prepared pan. Immediately sprinkle the top of the fudge with the remaining marshmallows, peppermint and pretzels. Depress something while the fudge is still warm.



Cover the pan in plastic wrap or foil and let it rest for at least 4 hours in the refrigerator or until firm.



After cooling, remove from pan and cut into small cubes.



Pack individually and share with everyone!

PRETZEL MARSHMALLOW MICROWAVE FUDGE

PREP: 5 mins SERVINGS: 24

INGREDIENTS



3 cups of dark chocolate chips (or semi-sweet)



14 ounces of sweetened condensed milk



2 tablespoons butter (room temperature)



2 teaspoons vanilla extract



2 cups pretzels (Twist)



2 cups of mini marshmallows

DIRECTIONS



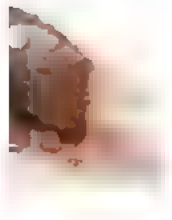
Cover a 6-cup bread pan with baking paper. Prepare and measure all ingredients so that you can move quickly.



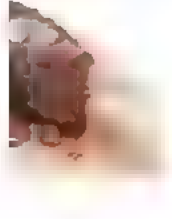
Combine chocolate chips, sweetened condensed milk and butter in a glass mixing bowl. Microwave for 90 seconds. Stir and microwave in 15-second steps until the chocolate has largely melted and there are a few stains left.



Add vanilla, pretzels and marshmallows. Stir to combine. Spoon the mixture into a prepared loaf pan, divide it evenly and press it flat. Add a few pretzels and marshmallows.



Put in the fridge for at least 4 hours before you cut it into squares. (I cut the whole loaf pan lengthwise and cut into squares to make smaller portions)



Store in an airtight container in the refrigerator.

NOURISH PER SERVINGS?

Calories 240 ; Fat 9g ; Carbs 36g ; Protein 3g

MARSHMALLOW CREME FUDGE

PREP: 3 hour 15 mins SERVINGS: 18

INGREDIENTS



4 cups of granulated sugar



1 can of evaporated milk



1 cup of butter



14 ounces of marshmallow cream



12 ounces of semi-sweet chocolate chips



1 teaspoon vanilla extract



sprinkles (for topping)

DIRECTIONS



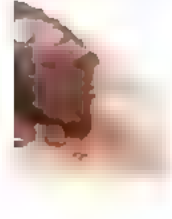
Cover a 9x13 inch baking pan with aluminum foil and spray with non-stick cooking spray. Put aside.



Use a 5 Qt. fry pan, place sugar, evaporated milk and butter in the pan and bring to the boil. Cook for a minimum of 5 minutes. Stir every 2-3 minutes. * When using a candy thermometer, cook to a soft ball.



Remove the pan from the heat. Add chocolate chips, marshmallow cream and vanilla extract. Stir until marshmallow cream and chocolate chips are completely melted and smooth.



Pour fudge into prepared pan. Immediately sprinkle the top of the fudge with colored sprinkles. Put in the fridge for at least 3 hours before cutting into squares.



Once the fudge is set, remove it from the pan and cut it into squares.

NOURISH PER SERVINGS?

Calories 460 ; Fat 18g ; Carbs 77g ; Protein 3g

MARSHMALLOW BLONDIES

PREP: 10 mins COOK: 20 mins SERVINGS: 4

INGREDIENTS



1/4 cup butter



1/2 cup of butterscotch chips



3/4 cup flour



1/2 teaspoon of salt



1 teaspoon baking powder



3/4 cup light brown sugar (packaged)



1 egg



1 teaspoon vanilla



1 cup of mini marshmallows



3/4 cup white chocolate chips

DIRECTIONS



Preheat the oven to 350 ° C



Line 8 × 8 or 11 × 7 baking dish with foil. Spray with cooking spray and set aside.



Melt the butterscotch chips and butter in a small saucepan, reserved separately for cooling.



In a large bowl, beat flour, salt, baking powder and brown sugar. Stir the butterscotch mixture until the mixture is dry.



Stir the egg and vanilla until smooth.



Add marshmallow and white chips.



Spread the batter in the prepared pan and bake for 20 minutes until the center is just set.



Allow to cool completely before cutting into squares.

NOURISH PER SERVINGS?

Calories 142 ; Fat 4.6g ; Carbs 23.9g ; Protein 1.4g

FUDGEY CHEWY MARSHMALLOW BROWNIE

TOTAL TIME: 30 mins SERVINGS: 16

INGREDIENTS



1/2 cup butter



7/8 cup of white sugar



2 eggs



1 teaspoon vanilla extract



5 9/16 tablespoons unsweetened cocoa powder



7 2/3 tablespoons flour (universal)



1/4 teaspoon of salt



marshmallow (enough to cover brownie)

DIRECTIONS



Preheat the oven to 175 degrees C. Grease and dust a 8 inch square pan (or bake with baking paper).



Melt butter in a large pan. Remove from heat and stir in sugar, eggs and 1 teaspoon vanilla. Beat cocoa, flour, salt and baking powder. Spread the batter in the prepared pan.



Bake in the preheating oven for 10 minutes and remove the pan from the oven. Sprinkle the marshmallow over the brownie and gently push the marshmallow into the sticky semi-baked brownie



Return to the oven for another 10-15 minutes. Not overcooked.

NOURISH PER SERVINGS?

Calories 120 ; Fat 7g ; Carbs 16g ; Protein 2g